Hafa Adai!

PSS holds first virtual Islandwide STEM Fair for school year. PAGE 2

BMV to resume all-day services starting today, Monday. PAGE 5

$1

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Mask requirement eased

By KIMBERLY B. ESMORES
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REPORTER

With the CNMI now at "Medium" level based on the U.S. Centers for Disease Control and Prevention's community level metric system, the Commonwealth Healthcare Corp. and the Governor's COVID-19 Task Force are easing the mask-wearing rule, making it now a personal choice whether you want to wear a mask or not.

CHCC and the COVID-19 Task Force officially announced yesterday that the CNMI has progressed to "Medium" level in the CDC's new COVID-19 metrics due to the significant reduction in daily COVID-19 cases this past week.

At Medium level, mask wearing will no longer be required both indoors and outdoors; instead, mask wearing is now based on personal preference.

However, for those who are immunocompromised or at a high risk for severe disease, CHCC encourages these individuals to talk to their healthcare provider about whether a mask is needed or to take other precautions.

The Commonwealth Health Center hospital will continue to require visitors and clinic patients to wear masks in patient-serving areas.

Aside from easing mask requirements, protocols for incoming travelers have also

See MASK on Page 4

AT A GLANCE

As of 6:23pm, March 27, 2022

VACCINATIONS IN THE CNMI

Eligible Population Additional Dose Vaccinated: 59.8%

Days since last community transmission 3

Pfizer/BioNTech	
Initiated:	38,169
Fully Vaccinated:	37,380
Moderna	
Initiated:	5,348
Fully Vaccinated:	5,209
Janssen	
Fully vaccinated:	1,151
Additional Dose:	22,323

GUAM	OLD	NEW	TOTAL
Positive	47,009	71[1]	47,080
Recovered	45,356	377	45,733
Active	906	71	977
Deaths	340	0	340

SAIPAN	OLD	NEW	TOTAL
Positive	10,984	38[2]	11,022
Recovered	10,811	39	10,850
Active	101	38	139
Deaths	31	2	33

[1]3/27=2; 3/26=28; 3/25=41
[2]3/25=26; 3/24=12

Source: Joint Information Center - Guam, Commonwealth Healthcare Corp., https://www.vaccinatecnmi.com/vax-dashboard/

COMMUNITY VULNERABILITY

LEGEND:
- **Red:** Least safe
- **Orange**
- **Yellow**
- **Blue**
- **Green:** Safest

Source: Office of the Governor

COVID UPDATE

Two deaths; 38 new cases

The CNMI recorded two COVID-19-related fatalities last week, with the Governor's COVID-19 Task Force and the Commonwealth Healthcare Corp. reporting the CNMI's 33rd COVID-19-related death on Friday and the 32nd COV-

See TWO on Page 4

Gas back to over $6 mark

By KIMBERLY B. ESMORES
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REPORTER

Just 11 days after oil companies in the CNMI gave motorists a pleasant surprise with a 20-cent price rollback—their first for the year—both Mobil Oil Marianas and Shell Marianas took back that savings last Saturday, with a 15-cent increase that brought fuel prices over the $6 mark once more.

Mobil took the lead early Saturday morning, raising its prices from $5.86 a gallon to $6.01. Mobil also hiked its Supreme fuel from $6.31 to $6.46 a gallon. The local

See GAS on Page 4

KIMBERLY B. ESMORES

Local oil companies have raised fuel prices anew just 11 days since the first price rollback of 2022.

Torres: Differences on retirees' bonuses can be resolved if House leadership stops politicking

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Gov. Ralph DLG Torres said Friday that if the House of Representatives' leadership stops politicking and starts prioritizing the government's retirees, he is optimistic that

Torres

the House and Senate can resolve their differences on legislation for the retirees' $1,000 bonuses.

In response to a question about the retirees' bonuses during a radio news briefing, Torres said he knows the Senate has been supporting the retirees and he hopes the House's leadership does too.

RELATED NEWS

- Sablan appeals to lawmakers to resolve deadlock on retirees' bonuses. PAGE 3

"But, as we stand today, none of them can stand up and say we are here to support the retirees because it's been three months since I offered the retirees their bonus," said the governor, referring to the Democrat-controlled House.

Torres pointed out that he

See TORRES on Page 4

INSIDE

LOCAL
The CNMI Museum was ground zero last Thursday for the International's Women's Month.
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HEALTH & WELLNESS
The number of baby sleep items on the market is overwhelming. What should I avoid?
Page 14

LIFE & STYLE
Taylor Hawkins, the drummer for Foo Fighters has died during a South American tour.
Page 15

SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

Local

PSS holds first virtual Islandwide STEM Fair for school year

The CNMI Public School System successfully completed its first virtual Islandwide STEM Fair for school year 2021-2022, with the judging collaboration and evaluation conducted last March 9 at the Saipan World Resort. The judging was sponsored by Regeneron International Science and Engineering Fair.

The fair named winners in the categories of general science for Kindergarten to Grade 2, general science for grades 3 – 5, general science for grades 6 – 8, general science for grades 9 – 12, high school research, and a paper airplane competition.

The virtual IWSF was publicly launched on Saturday, March 12, 2022, and digital awards were highlighted at 12pm the same day. The top projects arrived from student participants who represented Tinian Elementary School, Sinapalo Elementary School, Mount Carmel School, and Saipan International School. The listing of all winners are shown in the tables below.

On behalf of the IWSF Committee, we gratefully thank all members, teachers, administrators, and parents for supporting their student participants. We also thank Education Commissioner Dr. Alfred Ada, federal programs officer Tim Thornburgh, and senior director of Curriculum & Instruction Jackie Quitugua for their commitment to students' STEM experiences and opportunities. Special thanks to the Mariana Islands Nature Alliance for providing the "Environmental Awards" for this year's IWSF.

To visit the virtual fair, visit link: https://project-board.world/cnmi-iwsf ***(PR)***

Category	Award Type	Project Name	School	Student Name
General Science K-2	1st Place	Super Geo Dome	Tinian Elementary School	Bianca Manlulu
General Science K-2	2nd Place	Erase the Mess!	William S. Reyes Elementary School	Amelie Jeanne C. Ogumoro
General Science K-2	3rd Place	Smile Stainer	Kagman Elementary School	Jose Rafael Tudela

Category	Award Type	Project Name	School	Student Name
General Science 3-5	1st Place	There is sugar AMONG US!	Mount Carmel School	Kennani Villagomez
General Science 3-5	2nd Place	Rocking the Boat	Tinian Elementary School	Nevaeh Cabrera
General Science 3-5	3rd Place	Candy Snap	Kagman Elementary School	Audrey Pittman

Category	Award Type	Project Name	School	Student Name
General Science 6-8	1st Place	The Power of Clean Hands	Sinapalo Elementary School	Sophia Faith Barcinas
General Science 6-8	2nd Place	Don't Box Me In, It's Hot	Saipan Community School	Jose Sablan
General Science 6-8	2nd Place	Six Feet Apart, Please!	Mount Carmel School	Justin Mallari
General Science 6-8	3rd Place	Which Foods Make Dog's Fur Good?	Agape Christian School	Jiamei Hong

Category	Award Type	Project Name	School	Student Name
General Science 9-12	1st Place	Analyzing the relationship between Water Depth and Wave Velocity	Saipan International School	Jesus Sablan
General Science 9-12	2nd Place	Will oobleck Save the Egg	Agape Christian School	Linda He
General Science 9-12	3rd Place	The Importance of Break for Memory	Mount Carmel School	Sanghwook Lee & XinWen Jin

Category	Award Type	Project Name	School	Student Name
High School Research 9-12	1st Place	COVID-19: The Effect On Our Island's Visitors	Mount Carmel School	Brent Matthew Ortizo & Vidal Camacho
High School Research 9-12	2nd Place	Role of Public Knowledge and Public Perception In the Avoidance of Tap Water Consumption in Saipan	Saipan International School	Hyeonbin Jeong
High School Research 9-12	3rd Place	Plasma (the Gift of Life) against Covid-19	Agape Christian School	Liang Liu

Category	Award Type	Project Name	School	Student Name
General Science K-2	Commissioner STEM Award	Super Geo Dome	Tinian Elementary School	Bianca Manlulu
General Science 3-5	Commissioner STEM Award	There is sugar AMONG US!	Mount Carmel School	Kennani Villagomez
General Science 6-8	Commissioner STEM Award	The Power of Clean Hands	Sinapalo Elementary School	Sophia Faith Barcinas
General Science 9-12	Commissioner STEM Award	Analyzing the relationship between Water Depth and Wave Velocity	Saipan International School	Jesus Sablan
High School Research 9-12	Commissioner STEM Award	COVID-19: The Effect On Our Island's Visitors	Mount Carmel School	Brent Matthew Ortizo & Vidal Camacho

Category	Award Type	Project Name	School	Student Name
General Science K-2	Environmental Award	Super Geo Dome	Tinian Elementary School	Bianca Manlulu
High School Research 9-12	Environmental Award	Role of Public Knowledge and Public Perception In the Avoidance of Tap Water Consumption in Saipan	Saipan International School	Hyeonbin Jeong

Category	Award Type	Project Name	School	Student Name
High School Research 9-12	STEM Research Award	COVID-19: The Effect On Our Island's Visitors	Mount Carmel School	Brent Matthew Ortizo & Vidal Camacho

Category	Award Type	Project Name	School	Student Name
Paper Airplane Competition 2-5	1st Place	Flying Dart	Oleai Elementary School	Jeno Pino
Paper Airplane Competition 2-5	1st Place	The Buzz	Tinian Elementary School	Jun Young Seo
Paper Airplane Competition 2-5	1st Place	Jeff Boy Paper Airplane	William S. Reyes Elementary School	Joshua Lizama
Paper Airplane Competition 2-5	1st Place	GES Fighter	Garapan Elementary School	Taku Rogopes
Paper Airplane Competition 2-5	1st Place	Pyramid1000	Kagman Elementary School	Dilan Quitugua

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Sablan appeals to lawmakers to resolve deadlock on retirees' bonuses

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Rep. Christina Marie Sablan (D-Saipan) appealed Friday to all lawmakers to consider how they might get past the deadlock on the subject of the government retirees' bonuses.

During the miscellaneous portion of the Saipan and Northern Islands Legislative Delegation's session in the House's chamber, Sablan noted that there has been back and forth between the House and the Senate on legislations for the bonuses and so much has been said in the press.

"And I know that we are all getting inquiries from our constituents who are government retirees who are very hopeful and in need of this assistance. [I hope] we can work out our differences and issue the payments to our retirees as soon as possible," she said.

Sablan said she just wants everybody to consider that appeal.

She said the SNILD is one forum where both members of the House and Senate are present.

"It just seems like this should be also an opportunity for us to come to an agreement on something that we all have expressed support for," the lawmaker said.

Sablan said there is no controversy on the issue of whether or not retirees should be given these bonuses because all lawmakers support it.

She said she firmly believes and that she has faith and is confident in all her colleagues that they can work this out and get to a resolution so the retirees can get the bonuses that they've been waiting for.

Sablan

Sablan is running for governor under the NMI Democratic Party this Nov. 8 election.

Last March 10, the Senate adopted Senate Joint Resolution 22-09 approving Gov. Ralph DLG Torres' request to create a new program and business unit for the government retirees' $1,000 bonuses. Senate Joint Resolution 22-09, which was pre-filed by Senate President Jude U. Hofschneider (R-Tinian) and five other Republican senators, also approves Torres' request to reprogram $2.6 million from within the Executive Branch for the payment of the retirees' bonuses. The House has balked at this method of making the bonuses happen.

The House had also rejected an earlier Senate joint resolution because, in addition to the bonuses, it also gave the governor 100% reprogramming authority.

Last Dec. 14, Torres requested the Legislature to allow reprogramming of funds for the sole purpose of funding retirees' $500 bonuses. The following day, the Senate adopted Senate Joint Resolution 22-05, which approved Torres' request. Last Jan. 12, the House did not act on the Senate Joint Resolution 22-05 and instead unanimously passed a bipartisan legislation, House Bill 22-91, HD1, that proposes to amend the Appropriations Act of Fiscal Year 2022 to establish a business unit and allocate $1.3 million in local funds to pay the $500 bonus for each government retiree.

Last Feb. 3, the Senate unanimously passed their version of the bill, with amendments offered by Hofschneider to reflect, among other things, the bonus increase to $1,000. Last Feb. 22, the House unanimously rejected the Senate's version of the bill. Democrat representatives opposed a language

See SABLAN on Page 4

Individual is arrested on multiple charges, including sexual assault

Sablan

The CNMI Department of Public Safety arrested a man last March 18, 2022, soon after responding to a a call reporting a disturbing the peace incident at a home in Oleai, Saipan.

A DPS news release stated that responding police officers had learned that Edwin Sablan was arguing with his wife while breaking glass within the residence. An interview conducted within the residence revealed that Sablan had been beating up the wife and daughter. He was arrested at the scene for disturbing the peace, assault and battery, and domestic violence.

While investigating a separate case, it was revealed that Sablan had sexually assaulted a minor in the first degree. On March 22, 2022, an arrest warrant was signed and issued by CNMI Superior Court associate judge Teresa Kim-Tenorio for the charges of disturbing the peace, sexual assault in the first degree, and attempted sexual assault in the first degree, with bail set at $100,000.

At approximately 6:24pm on that same day, Sablan was again arrested at a residence in Susupe and transported to the Department of Corrections where he was booked and detained. ***(PR)***

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Villagomez says disagreement with Senate not about political posturing

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

House of Representatives Speaker Edmund S. Villagomez (Ind-Saipan) said their disagreement with the Senate about legislation for the government retirees' $1,000 bonuses is not about political posturing nor about getting credit.

"I disagree. Plain and simple," said Villagomez when asked during the House's press conference Tuesday about Sen. Victor B. Hocog's (R-Rota) statement that what he is seeing regarding the disagreement on bonuses is political posturing.

"This is not about credit because even if we were to put the H instead of the S, it's still not the proper way to do it. It needs to go through legislation," he said.

The speaker said appropriations can only start from the House, so they already have bills for the bonuses. He said they introduced a bill and passed it and then the Senate amended it.

"And again, we opened up the table. Come and meet in the middle and let's iron out our differences," said Villagomez, referring to his appointment of conferees.

Nor is this about political posturing, he said, because if it is, why not just pass it before Christmas of 2021?

He reiterated that they want to do things the right way. "It is important that the retirees out there understand [Commonwealth Code] Section 7402 that we are trying to do things the right way and also try to protect them, so that when they receive this $1,000, they don't need have to worry about any legal issues," Villagomez said.

Rep. Sheila J. Babauta (D-Saipan) reiterated this, saying they want to do it the right way. "There is a proper way to do it so that we are following the law and the House is focused on that," Babauta said.

Last March 10, the Senate unanimously adopted Senate Joint Resolution 22-09 approving Gov. Ralph DLG Torres' request to create a new program and business unit for the government retirees' bonuses. The resolution, authored by Senate President Jude U. Hofschneider (R-Tinian) and five other Republican senators, also approves Torres' request to reprogram $2.8 million from within the Executive Branch for the payment of the retirees' bonuses.

100 take part in NMC's first 'Set SAIL' Conference

By LEIGH GASES
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CORRESPONDENT

About 100 Northern Marianas College students and staff and partners participated in NMC's first Set SAIL, or Students Advocacy Inclusion and Leadership Conference, at the Saipan World Resort's Royal Taga Ballroom last Friday.

The conference provided participants from Saipan, Tinian, and Rota with helpful information, strategies, and best practices to take personal and leadership skills to the next level.

Alexis Cabrera Manglona, program manager for the Office of Student Activities and Leadership at NMC, said they wanted to "revolve their breakout sessions regarding different things that our students have been experiencing, and also to prepare them to become leaders now and leaders later."

The conference included four plenary sessions. The first was called "Effective Communication Leads to Success by Eileen Alepuyo Babauta, Pamela C. Sablan, Josephine Tudela, and Greg Borja. The second was called "Navigation Through Change" done by NMC president Galvin Deleon Guerrero. The third was called "The Leaders Toolkit: Integrity, Empathy, Self-awareness, and Gratitude." The last one was called "Navigating Change with Healthy Coping Strategies."

The conference also had two breakout sessions. The first breakout session included "Courageous Conversations! Cultivating a Climate of Inclusion by Honoring Indigenous Knowledge" by Dr. Beylul Solomon; "Beyond NMC: Transfer and Research Opportunities" by Maria Dizon, Jesse Deleon Guerrero, Beda Mundo; and "Your Journey Starts Here: Earn A Congressional Award!" by Maia Pangelinan.

The second breakout session included "Broadening Your Horizons at Home and Away" by Project PROA; "VOICES (Very Outspoken Individuals Can Each Succeed) of the CNMI" by Monika Diaz, Hannah Igisaiar, Robert Mendiola, and Emmet Fitial; and "Emerging from the Pandemic: Prioritizing your Mental Health" by Guadalupe A. Camacho.

Student leader Eloise Lopez, who is a senator with the Associate Students of NMC, said, "The [conference] made me realize the importance of getting together and making sure that when we do make a difference, we bring the best version of ourselves. It all starts with community: learning how to work together, learning to find the importance of our voices, learning to use these resources and creating our own toolkits for mental health. We have our first NMC Set Sail Conference because we want to strive back again even with the pandemic still ongoing. What I learned from the [conference] is learning from the rest of the students and seeing how happy they are to have an event in person. It's just to show that we still have the PROA spirit despite the challenges we are facing today! We hope to have more events like in the upcoming weeks and we look forward to working with our previous partners today."

When asked whether there will be another conference like this next year, Cabrera said, "Yes, we're hoping that this will now become an annual conference for our students." She hopes to be able to invite participants from Guam and Palau to "really make this a regional conference."

TORRES

From Page 1

offered the retirees' bonus before Christmas of 2021 so they can enjoy the holidays, but the House leadership took that as a political agenda and continues to play with the retirees' bonus.

"So I'm optimistic? I do know that the Senate has been open and has been supporting the retirees. Until the House actually prioritizes the retirees, I have to say no on the part of the House coming to the table to really address the retirees' bonus," the governor said.

House Speaker Edmund S. Villagomez (Ind-Saipan) said during a news briefing Tuesday that their disagreement with the Senate about legislation on the retirees' bonuses is not political posturing nor about getting credit.

"I disagree. Plain and simple," said Villagomez when asked about Sen. Victor B. Hocog's (R-Rota) recent statement that what he is seeing is political posturing.

Villagomez reiterated his previous statements that the House wants to do things the right way.

Last March 10, the Senate unanimously adopted Senate Joint Resolution 22-09 approving Torres' request to create a new program and business unit for the government retirees' bonuses. The resolution, authored by Senate President Jude U. Hofschneider (R-Tinian) and five other Republican senators, also approved Torres' request to reprogram $2.8 million from within the Executive Branch for the payment of the retirees' bonuses.

The House leadership, however, raised some issues with Senate Joint Resolution 22-09.

GAS

From Page 1

oil company also increased its diesel prices from $6.33 to $6.63 per gallon. Shell followed suit with the same price increase late Saturday.

According to a local resident, he feels disappointed to see fuel prices go back up to $6 but it's understandable due to the ongoing Russian invasion of Ukraine. "It really disappointed me to see fuel prices go back up to $6 but, on the bright side, gas is increasing as a means to get Russia to stop its invasion of Ukraine so I'll take it. At least we know why fuel prices are increasing," he said.

Another local motorist said she isn't fazed anymore by the fuel price movements.

"We've already hit an all-time-high, what's another few cents? Fuel prices are at the highest they've ever been worldwide and we already know it's only going to increase now that we are no longer importing from Russia," she said.

Meanwhile, a 17-year-old motorist said she feels helpless. "Gas is one of those things that we can't not purchase. It's a necessity for everyone, rich and poor alike. Some might not feel the burden of a few cents increase but as a working student, I do, and it doesn't feel great knowing you don't have a choice because you need to purchase gas," she said.

The entire nation continues to see a steady increase in fuel prices as Russia continues its invasion of Ukraine.

According to international media outlets, the cost of fuel in the U.S. mainland has also reached an all-time-high with several states surpassing the $5 mark.

Following his announcement banning the import of Russian oil over a week ago, U.S. President Joe Biden told various media outlets that the nation can expect fuel prices to continue to rise but it's the price the nation must pay to defend Ukraine's freedom.

MASK

From Page 1

been eased.

Effective March 26, all travelers entering the CNMI by air or sea will no longer be tested on arrival or on their fifth-day after arrival.

All travelers are still required to complete a mandatory health declaration form and should continue to wear a well-fitted mask if they must be around others or, if they develop symptoms, they should get tested.

Travelers who are not up-to-date with their COVID-19 vaccines are encouraged to get tested five days after arrival but are not required to do so.

Guam has also adjusted its COVID-19 Community Level to "Moderate," based on the latest available data.

In a previous interview with CHCC chief executive officer Esther Muna, she explained that the CNMI has remained on "High" level for weeks due to the high volume of daily COVID-19 cases. However, for the past week, the CNMI's daily case rate has consistently been in the double-digits range only, which has prompted CHCC to transition to "Medium" level.

"The only thing that really put us in that High level [was] our daily cases. So if you are at least 200 per week in a seven-day period per 100,000 population, you won't be able to go to the low level until you go below the 200 per 100,000 population in a week. The thing is, if you are high and you are low in some areas, you have to choose the high level," she said.

In the past week, the number of daily cases has dropped to the 30's, according to CHCC COVID-19 reports.

According to a recent press release from the Governor's Office, as of March 24, the CNMI has reported a total of 11,022 cases of COVID-19, with 1 in 5 CNMI citizens estimated to have contracted the disease.

Meanwhile, a total of 223 people have been hospitalized for COVID-19 (2.1% of cases) and 33 people have died due to COVID-19 for an overall case fatality rate of 0.3%, lower than almost every other U.S. jurisdiction and most countries.

"Due to the high vaccination rate against COVID-19 in the CNMI and availability of treatments such as monoclonal antibodies, rates of severe COVID-19 have been low," the release stated.

TWO

From Page 1

ID-19-related death late Thursday.

As per its standard procedure, CHCC did not disclose further details of the two fatalities.

As of March 25, 2022, there were three individuals hospitalized as a result of COVID-19.

Also, a combined total of 38 additional individuals have been confirmed positive for COVID-19, bringing the CNMI total to 11,022 cases since March 28, 2020. A duplicate was deleted, CHCC said.

CHCC first reported 12 new cases of COVID-19 late Thursday, followed by 26 new cases on Friday. The 12 cases were identified on March 23, 2022, one of them on Tinian. The 26 cases were identified on March 24, 2022.

Of the 11,022 total cases that have been identified in the CNMI, there have already been 10,850 recoveries; 139 active cases; and 33 COVID-19-related deaths. Of these numbers, 10,220 were identified via community testing and 802 via travel testing.

A total of 35 COVID-19 vaccine shots were administered on March 25, 2022; the day before, a total of 45 COVID-19 vaccine shots were administered.

Of the eligible population, 59.8% have already received an additional dose. The vaccination rate is calculated using the 2020 Census population estimates for the CNMI and includes the eligible 5-years-old and older population.

A total of 251 COVID-19 tests were conducted on March 24, 2022: 238 via Community-Based Testing; six at the Koblerville COVID-19 Community Center; and seven at the Rota Health Center. The day before, a total of 115 COVID-19 tests were conducted: 102 via Community-Based Testing; 12 at the Koblerville COVID-19 Community Center; and one at the Rota Health Center.

SABLAN

From Page 3

in the Senate's version that will give Torres' 100% reprogramming authority of the budget.

All 20 representatives agreed to the creation of a conference committee that will hammer out with the Senate a mutually acceptable bill for retirees' bonuses.

The House conference committee subsequently filed a substitute bill that will re-appropriate $2.62 million in local funds from sources that are already identified. Hofschneider did not appoint Senate conferees and instead recently filed Senate Joint Resolution 22-09.

BMV to resume all-day services starting today, Monday

The CNMI Department of Public Safety's Bureau of Motor Vehicles will be resuming all-day services, and will be open through lunch hour, beginning today, March 28, 2022,

The office hours are Monday – Friday: 8:00am to 3:30pm.

BMV services will include vehicle registration and transfers, watercraft registration, and transfers, driver's license renewals, driver exams, and drivers testing.

All individuals who are looking to visit BMV and avail of the services are still required to wear a mask and maintain social distancing when lining up and around other individuals.

We ask individuals to make payments at CNMI Treasury on Capital Hill, or Revenue and Tax in Dandan before turning in documents, or at the Office of Finance window located at DPS Firearms and records office.

BMV will not be processing documents for next-day pick-up as we slowly transition back to normalcy. ***(PR)***

Kilili, Amata cheer Yun's appointment for Compact talks

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Delegate Gregorio Kilili C. Sablan (Ind-MP) is encouraged by President Joe Biden's appointment of Ambassador Joseph Yun as the federal representative for the resumption of the stalled negotiations for the Compacts of Free Association.

In his e-kilili newsletter over the weekend, Sablan said he looks forward with working with Yun to ensure swift approval of the agreements. The Compact is an international agreement governing the relationships between the United States and the three Pacific Island nations: Federated States of Micronesia, the Marshall Islands, and Palau.

Kilili

Amata

Yun

Yun is an experienced diplomat, known as an expert on Washington's strategic thinking for the Asia-Pacific. He brings 33 years of diplomatic experience, including as the former U.S. special representative for North Korea policy from October 2016-May 2018; the United States ambassador to Malaysia from 2013-2016; and principal deputy assistant secretary for East Asian and Pacific Affairs from 2011-2013. State Secretary Antony J. Blinken announced the appointment of Yun last Tuesday.

Sablan said economic assistance provisions of the Compacts of Free Association with the Republic of the Marshall Islands and the Federated States of Micronesia will expire in 2023 and with the Republic of Palau in 2024. Sablan said renewal negotiations were announced in the previous administration without substantive progress.

The U.S. has a special and longstanding relationship with the Marshall Islands, the Federated States of Micronesia, and Palau—collectively known as the Freely Associated States.

Blinken said they are currently engaged in negotiating amendments to certain provisions of the Compact with the FAS, and that completing the negotiations is a priority for the Biden administration.

Blinken said the Compacts reflect the close relationship between the U.S. and the FAS and are a critical source of regional security, stability, and prosperity.

Last July, Sablan, along with other U.S. House members, wrote to Biden asking that his administration prioritize negotiations with the FAS and that he appoint a special envoy to coordinate interagency efforts to renew the Compacts, which he has done now.

American Samoa Delegate Uifa'atali Amata Radewagen also hailed the appointment of Yun, seeing it as 'a critical step forward."

"I welcome this development," said Amata. "Throughout recent months, I've publicly expressed urgency in the need for this appointment to get done, so I'm delighted to see this critical step forward in the process. These friends and allies deserve proper negotiations with a ranking diplomat. I believe this appointment carries the necessary importance to ensure their message can be communicated straight to the President, the Secretary of State, and the Secretary of the Interior. I look forward to a renewed long-term U.S. commitment in cooperation with these key friendships in our region."

FSM resumes repatriations of its nationals

PALIKIR, Pohnpei—The COVID-19 Task Force of the Federated States of Micronesia has suggested the following dates for repatriation flights in the month of April, which have been approved by FSM President David W. Panuelo.

For Yap, the next repatriation flight will occur on April 6. For Kosrae, the next repatriation flights will occur on April 4 and April 18.

For Pohnpei, a special flight from the Republic of Fiji for essential personnel will occur on April 6. Regular repatriation flights from Guam will occur on April 16 and April 23.

For Chuuk, the next repatriation flights will occur on April 11 and April 25.

The FSM COVID-19 Task Force has recommended that the number of days of quarantine in Guam be reduced to five days. This will continue to allow for multiple PCR-based COVID-19 tests to occur, including upon arrival at the designated quarantine facility, and prior to departure.

The FSM COVID-19 Task Force has recommended that quarantine in designated government facilities be reduced to three days, combined with restriction of movement and home quarantine, since the omicron situation has improved dramatically.

Repatriation dates for the month of May and beyond will be consistent with the regular schedule from international commercial carriers. It remains the intention of the FSM government to fully open the nation's borders sometime in August 2022. ***(PR)***

Rip current risk until tonight

The public is being warned that there is a high risk of rip currents through tonight. Also, a small craft advisory remains in effect until 6am today, Monday.

Based on the information received from the National Weather Service in Guam and compiled at the CNMI Emergency Operations Center State Warning Point, dangerous rip currents are present along east facing reefs of the Marianas through Monday night.

Rip currents can sweep even the best swimmers away from shore into deeper water.

The public is advised to stay out of the water along east facing reefs. Also, sea conditions will be hazardous to small craft until 6am today, Monday.

Winds and seas are expected to drop slightly and allow marine conditions to drop below hazardous levels later today. Inexperienced mariners, especially those operating smaller vessels, should avoid navigating in hazardous conditions. ***(Saipan Tribune)***

NORTHERN MARIANAS COLLEGE
Procurement and Property Management
P.O. Box 501250 • Saipan, MP 96950 U.S.A.
Phone: (670) 234-5498 Ext. 6824 I www.marianas.edu

REQUEST FOR QUALIFICATION STATEMENTS
NMCRQS 22-001

ARCHITECTURAL & ENGINEERING SERVICES
PLANNING, DESIGN AND CONSTRUCTION ADMINISTRATIVE SERVICES PROJECT

Northern Marianas College (The College) is soliciting for interested firms "Qualification Statements" for Architectural/Engineering Services for the Center for Research Extension and Development project.

The request for "Statement of Qualification (RQS)" packets are available at NMC, Procurement Office commencing 10:00am Friday, February 25, 2022 or Electronic packet email request to anita.camacho@marianas.edu.

Pre-submittal conference is schedule for 09:00am-10:00am, March 07, 2022 CNMI Via Zoom.

Attendance is not mandatory but is strongly recommended.

Qualification Statements Submissions
Due date and time: 10:00am, March 28, 2022 (CNMI)
Procurement & Property Management Office, Bldg. P, As Terlaje Campus

Paid for by 100% federal funds through the Department of Commerce Economic Development Administration (EDA) Grant.

This Request for Statement of Qualification under Article 7, "Local Business Preference" as amended by Public Law 15-95 and as further amended by Public Law 15-118, is not available for this procurement.

This solicitation does not constitute an offer and does not obligate the College in any way. The College reserves the right to reject any and/or all Qualification Statements for any reason and waive any defect in said Qualification Statements, or cancel in part or its entirety this Request for Qualification Statements, if it deems, in its sole discretion, it is in the best interest of the College.

Approved by:

/s/ Anita Camacho
Procurement & Property Manager

Bank of Hawaii Corporation

BANK OF HAWAII CORPORATION AND SUBSIDIARIES
CONSOLIDATED STATEMENT OF CONDITION
At the Close of Business December 31, 2021 (dollars in thousands)

ASSETS		LIABILITIES AND SHAREHOLDERS' EQUITY	
Interest-Bearing Deposits in Other Banks	$ 2,571	Deposits	$ 20,360,108
Funds Sold	361,536	Securities Sold Under	
Investment Securities	8,970,836	Agreements to Repurchase	450,490
Loans Held for Sale	26,746	Other Debt	10,391
Loans and Leases	12,259,076	Operating Lease Liabilities	103,210
Allowance for Credit Losses	(157,821)	Retirement Benefits Payable	38,494
Net Loans and Leases	12,101,255	Accrued Interest Payable	2,499
		Taxes Payable and Deferred Taxes	11,901
TOTAL EARNING ASSETS	21,462,944	Other Liabilities	196,237
Cash and Due From Banks	196,327	TOTAL LIABILITIES	21,173,330
Premises and Equipment, Net	199,393		
Operating Lease Right-of-Use Assets	95,621	Shareholders' Equity	
Accrued Interest Receivable	45,242	Preferred Stock	180,000
Foreclosed Real Estate	2,332	Common Stock	581
Mortgage Servicing Rights	22,251	Capital Surplus	602,508
Goodwill	31,517	Accumulated Other	
Bank-Owned Life Insurance	344,587	Comprehensive Loss	(66,382)
Other Assets	384,727	Retained Earnings	1,950,375
		Treasury Stock, at Cost	(1,055,471)
TOTAL ASSETS	$ 22,784,941	TOTAL SHAREHOLDERS' EQUITY	1,611,611
		TOTAL LIABILITIES AND SHAREHOLDERS' EQUITY	$ 22,784,941

BANK OF HAWAII - SAIPAN
STATEMENT OF CONDITION
At the Close of Business December 31, 2021 (dollars in thousands)

ASSETS		LIABILITIES	
Cash	$ 3,879	Deposits	$ 190,206
Loans	43,847	Operating Lease Liabilities	366
Allowance for Credit Losses	(1,685)	Accrued Interest Payable	8
Net Loans	42,162	Other Liabilities	24
Operating Lease Right-of-Use Assets	366		
Accrued Interest Receivable	108	TOTAL LIABILITIES	$ 190,604
Due from Head Office	142,424		
Premises and Equipment, Net	449		
Other Assets	1,216		
TOTAL ASSETS	$ 190,604		

The audit reports of Bank of Hawaii Corporation and Bank of Hawaii - Saipan Branch are available for public review at the Office of the Director of Banking, Department of Commerce, Capital Hill, Saipan.

MEMBER FDIC

Opinion

Hafa Adai!
Saipan Tribune
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The Associated Press | Pacific Islands News Association

EDITORIAL

Show of unity steels Ukraine

The leaders of NATO nations and the G-7 posed for traditional "family photos" during their summits in Brussels on Thursday. And unlike at previous events, the two groups did indeed seem to be cohesive families, bonded tightly over Russia's invasion of Ukraine.

That unity will need to endure for Ukraine to survive as a nation, for countries within the alliance to better enhance their own defenses against Russia and for democracy to survive the autocratic wave represented by Moscow and Beijing.

Both meetings were a continuation and confirmation of previously announced strategies, but also were enhanced by ever-stricter sanctions. This time the economic penalties include Russia's rubber-stamp parliament, the Duma, and 328 specific legislators. Also sanctioned were the head of Russia's Sberbank, 17 board members of Sovcombank, 48 state-owned defense entities, and Russian elite businessman Gennady Timchenko, his family and his companies. Equally important is a new initiative to prevent other nations from "backfilling" the Russian economy.

"We are determined to continue to impose costs on Russia to bring about the end of this brutal war," NATO Secretary-General Jens Stoltenberg said at the summit.

Those costs come with a price, which the U.S. and other nations are admirably willing to pay. In just the latest example, Biden pledged $11 billion over the next five years to contend with the coming food-security challenges the war will cause, as well as $1 billion for humanitarian needs triggered by the war. The need is great in Ukraine, of course, but also in Europe, especially in front-line nations Moldova, Romania, Slovakia and Poland.

Furthermore, eventually about 100,000 Ukrainian refugees will be accepted, with a particular emphasis on those who have family connections in the U.S. Although that's a sizable and generous number, it's nowhere near the wave within Europe, as the deliberate targeting of civilians has created the greatest European displacement since World War II. There are even more Ukrainians displaced in their own country. Together the total tops 10 million, or about one-fourth of the population on the run from Russia's wanton warfare.

While the Biden administration rightly acknowledges that many Ukrainians will want to remain in Europe with family and friends and a hope of return, many will want and need to seek shelter in the U.S., which can and should accommodate even more refugees. Tragically, it may need to, since Russia seems to have accelerated its attacks on civilians while its military faces stiff resistance from Ukraine's tenacious forces.

Russia's relatively stalled offensive and the unquestioned willingness of Putin to put citizens in harm's way raises legitimate fears that he will use chemical, biological or even nuclear weapons. Biden was careful not to get into specifics in his post-summit news conference, but pledged that there indeed will be a response should Putin make that fateful error. Regarding conventional defense, Biden said in a statement that four new battle groups will be deployed to Slovakia,

See UKRAINE on Next Page

Ketanji Brown Jackson's critics won't be the ones making history

By JACKIE CALMES
Los Angeles Times

Jackie Calmes is an opinion columnist for the Los Angeles Times *in Washington, D.C.*

Ketanji Brown Jackson had me at "Whoa!"

The Senate hearing this week on Jackson's nomination to be the first Black woman on the Supreme Court had several uplifting moments that captured just how momentous her ascension would be in the story of America's imperfect striving to live up to its ideals. Let's not let those moments be overshadowed by Republicans' false, racially shaded smears—that she has "a record of activism and advocacy" for sexual predators, that she's "zealous" on behalf of terrorists, and that she "twisted the law" for a drug kingpin.

A particularly moving scene came late Wednesday in Jackson's exchange with a Democratic senator, Alex Padilla, as the Senate Judiciary Committee ended nearly 24 hours of questioning over two days.

Padilla, the first Latino senator from California and just the 11th in U.S. history among more than 1,300 senators, recalled the time a teacher discouraged him from applying to MIT. Padilla (class of '94, by the way) told Jackson, "I know that you, too, have been doubted on your way to the seat that you find yourself in today." He wondered: What would she tell young people like their past selves?

Jackson, visibly moved by Padilla's story, told her own, of a lonely walk one evening her freshman year through Harvard Yard, the school's historic center. Spurred by her high school debate coach in Miami, she'd applied. "But I get there," she recalled, "and whoa!"

Not only the weather was a change from what she'd known, but also the kids and the socioeconomic status many reflected. Depressed, she mused as she walked.

"It was rough. It was different than anything I'd known. There were lots of students who were prep school kids—like my husband," she said, drawing chuckles directed at her spouse, surgeon Patrick Jackson, sitting behind her. "I was really questioning: Do I belong here? Can I—can I make it in this environment?"

At that, I teared up. I was transported to my own first hard months and "whoa" moments at an elite university. As a lower-middle-class daughter of a widowed mom, I also learned then about things like prep schools, which seemed to have funneled every other wealthier, more sophisticated and seemingly more confident classmate to our campus.

I've often thought since, how much worse is the loneliness and self-doubt for students of color?

I gave in to the pressures and went home, to a public university. (I'd return to the elite school, older and more confident, for a graduate degree.) Fortunately for Jackson, and the country, she did not cave—thanks partly to what happened next in Harvard Yard.

"A Black woman I did not know was passing me on the sidewalk," Jackson said. "And she looked at me, and I guess she knew how I was feeling. And she leaned over as we crossed and said, 'Persevere.'"

That, Jackson told Padilla, is what she tells young people now.

Jackson sure persevered. She graduated from Harvard and its law school; clerked for federal district and appeals court judges and Supreme Court Justice Stephen G. Breyer, whom she'll replace if the Senate confirms her; practiced law at a private firm and as a public defender; became a district judge; and last June was confirmed by the Senate as a judge on the D.C. Circuit Court of Appeals.

Most Republicans, but especially Sen. Lindsey Graham, the Trumpian lapdog from South Carolina, and presidential wannabes Ted Cruz of Texas, Josh Hawley of Missouri, Tom Cotton of Arkansas and Marsha Blackburn of Tennessee, all but ignored Jackson's obvious qualifications and distorted her record to make her out to be soft on crime, child porn and terrorists.

While Jackson earned a unanimous rating of "well qualified" from the American Bar Association, Blackburn told Jackson she'd used her talents "not to serve your nation's veterans or other vulnerable groups, but to provide free legal services to help terrorists get out of Gitmo and go back to the fight."

Sending terrorists back to the fight? That's beyond outrageous. Jackson not only nobly represented four detainees at the Guantanamo Bay detention center as a public defender, in keeping with the Constitution's promise. She also did so at the same time her brother was serving in Iraq as an Army infantryman.

Sen. Ben Sasse of Nebraska, who was a model of civil questioning of Jackson, called out his fellow Republicans' behavior. Just after Cruz had grilled Jackson about the right-wing bugaboo of critical race theory, Sasse told her, "I think we should recognize that the jackass-ery we often see around here is partly because of people mugging for short-term camera opportunities."

See KENTANJI on Next Page

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

The psychology of Vladimir Putin

By EDWIN FISHER
Chicago Tribune

Edwin B. Fisher is a clinical psychologist and professor at the University of North Carolina at Chapel Hill. Fisher contributed a chapter to The Dangerous Case of Donald Trump: 37 Psychiatrists and Mental Health Experts Assess a President *and is a past president of the Society of Behavioral Medicine.*

At the height of the Cuban missile crisis, Premier Nikita Khrushchev wrote to President John F. Kennedy, "I have participated in two wars and know that war ends when it has rolled through cities and villages, everywhere sowing death and destruction."

Warning of the "knot of war," he continued, "a moment may come when that knot will be tied so tight that even he who tied it will not have the strength to untie it. …Let us take measures to untie that knot. We are ready for this."

Such words from President Vladimir Putin are unimaginable.

The political scientist and Pulitzer-winning biographer of Khrushchev as well as Mikhail Gorbachev, William Taubman, notes, "Leaders make a difference, especially in totalitarian and authoritarian regimes." From the pained looks on senior officials, the dressing down of those hesitant to embrace his actions and his now near total self-isolation, it seems clear that the invasion of Ukraine is, indeed, Putin's decision and Putin's war.

So who is Putin?

We have joked about the shirtless horseback riding and staged ice hockey games in which, in full uniform and pads, well into his 60s and stumbling on his skates, the leader is able—or allowed—to score a goal. He accepts adulation as if it recognizes his prowess rather than indulging play acting. The frequency of these displays suggests great importance to his sense of himself.

Putin's biography *First Person: An Astonishingly Frank Self-Portrait by Russia's President* quotes one of his grade school teachers: "I think Volodya is a good person. But he never forgives people who betray him or are mean to him."

In paranoia, the accusations and attacks draw our attention. But it is the projection of danger and threat onto others that is fundamental. The deep sense of being wronged, victimized, damaged, all create a fog in which the paranoia becomes rationale. Well-documented are slights, wrongs, humiliations and diminishment of Russia that Putin perceives, and for which he will never forgive.

Similarities between Putin and former President Donald Trump have been noted, including shared affinity for authoritarian rule. The contrast, however, is more instructive. Far from Trump's self-absorption, Putin identifies himself with a deep emotional sense of Mother Russia. At about 10 or 11, he eschewed school dances and other socializing and began a dedication to judo and exercise that continues to the present. "If I hadn't gotten involved in sports, I'm not sure how my life would have turned out." Beyond his great interest in physical prowess, this shows a broader pattern of finding identity through seizing on something outside himself and internalizing it, dedicating himself to it.

For Trump, there is no connection between self and values or people outside himself, but for Putin there is no separation between self and the dedication to his dream of Russian greatness. The fusion of these, the great importance of the cause to his sense of self, may help explain his uncompromising dedication now. Whether that fusion is sufficient to explain the brutality in Aleppo, Syria, and now the bombing of Ukraine is not clear.

Masha Gessen and others have noted the postwar Leningrad of Putin's childhood was desolate and brutal, a community version of the kinds of childhood experiences that now are widely recognized as a prelude to adult violence.

Putin combines steely dedication to his image of Mother Russia, belief of perceived wrongs to Russia and thereby to himself, paranoid resentment and determination to be recognized as strong. He doesn't care about the cost of humiliating himself in cringeworthy displays, humiliating his senior colleagues or killing tens of thousands. Those who have followed him closely echo each other in describing his getting worse. His authority makes him almost impervious to the judgments of others. The pickling of all these in the crock of his increased and near total isolation have propelled his move to war.

Together, they may block any reversal of course.

A glaring double standard—one for Ukrainian refugees, one for Central Americans

By NIKOLÁI INGISTOV-GARCÍA
LOS ANGELES TIMES

I opened my computer to start Zoom for my class on Indigenous media in Latin America. As I proceeded to take roll, I noticed that my voice began to shake and my eyes were getting red as I looked at myself in the Zoom camera.

As I called each student's name, tears started to stream down my cheeks. I could tell that the students looked nervous and stressed. I quickly apologized and told them I needed to cancel class for that day.

My students never knew that my father's family was from Ukraine. They assumed I was a queer Chicano professor, because that's how I always identified in all my classes at the University of California, Riverside.

The night before, on Feb. 23, I watched a CNN reporter in Odesa talk about hearing Vladimir Putin's army bombing the outskirts of the city. Odesa is where my father's family comes from. I grew up hearing stories about Odesa from my father, grandfather and great aunt during their years in exile from the Soviet Union in Los Angeles. I was in shock that night and disgusted with Putin as I heard on TV the explosions near Kyiv, a city that I would take train trips to when I taught Spanish in Moscow for two years.

Over the course of that weekend, I watched how the Ukrainian refugee crisis grew day by day. I read that Airbnb was paying for thousands of refugees to stay in their rooms. Thousands of Europeans in dozens of countries opened their doors to Ukrainians. I was encouraged but bothered at the same time. Media outlets all over the world from the left, right and center praised the courage of these refugees, and some reporters called them heroes.

An overwhelming majority of my students in my classes at UCR are Latino. Several of them are refugees from Latin America, and a few are "Dreamers." I asked if any of them noticed anything with this growing refugee crisis in Eastern Europe, and several were quick to point out the double standard.

A few weeks before Putin's invasion of Ukraine started, my class watched interviews about the forced sterilization of Latina refugees at an immigration detention center in Georgia. We discussed the Latino children fleeing Honduras, El Salvador and Guatemala who are being held in U.S. Immigration and Custom Enforcement detention centers to this day. The double standard in the media's portrayal of the Ukrainian refugees in Europe compared with the images of Haitian, Central American and Mexican migrants at the Mexican border was obvious to everyone in my class.

I thought about the tens of thousands of refugees fleeing Ukraine and the tens of thousands of refugees who have had to flee their homes in Central America, Mexico and other parts of Latin America because of wars, dictatorships, gang warfare and cartel terrorism. Refugees and migrants who are uprooted from their homes all go through trauma whether they come from Latinoamérica or Eastern Europe.

The images of people fleeing Ukraine shook me as I remembered my family's histories from Ukraine and Mexico, with both sides leaving their homelands for a better life.

My undocumented grandfather Candelario Muñoz changed his name to Benjamin García when he crossed the Mexican border. He had to take on the identity of a deceased relative in California when he brought my mother, then a teenager, to Compton.

My other grandfather, Sviatoslav, had a sister Neda, who taught me my first Russian words as a child. She was full of energy and would recite Pushkin with so much drama that it would make me laugh as a child. Neda left Odesa as the Soviet Union was becoming as oppressive as Russia is under Putin today. As she was dying of cancer, she said out loud in Russian, "Take me out of this hospital and drop my body in the Black Sea in front of Odesa. I want to go home."

In the end, my Tiota Neda was buried in the Hollywood Forever Cemetery surrounded by other Russian speakers and Armenians from the former Soviet Union. I have cried more than once thinking of my grandfather Slava, my grandmother Alya and Neda. The authorities in Moscow took their homes and opened the tombs of their relatives in the cemetery in Odesa to disrespect their families. During all their years in exile in L.A., they missed their old home.

Ukraine and Mexico came together to form my family in the borderland of Los Angeles. My Chicano-Mexican-Russian-Ukrainian border-crossing identity hurts as I watch Putin's war unfold while more waves of Latin American and, very recently, Ukrainian refugees arrive at the Tijuana-U.S. border. My hope is that out of this tragedy, future refugees that come to the Mexican border, whether they are from Honduras or Ukraine, are treated with equal dignity—which all of them deserve.

Nikolái Ingistov-García is a lecturer in Spanish language and Latin American Studies at UC Riverside.

KETANJI

From Page 6

Even as Sasse spoke, a photographer for the *Los Angeles Times* caught Cruz checking Twitter for mentions of his name.

Padilla called Jackson's hearing "a new Exhibit A" showing that people of color "often have to work twice as hard to get half the respect." By then, Graham had complained repeatedly that when a Black or Latino nominee is a conservative, Democrats try to block them. Yet the two Black nominees Graham cited, Justice Clarence Thomas and former Judge Janice Rogers Brown, both were confirmed—despite legitimate questions about their ideology and character. (Brown, for example, had characterized New Deal programs including Social Security as part of a socialist revolution, and Thomas had to rebut allegations of sexual harassment.)

Despite Republicans' negativity all week, Jackson is expected to win confirmation next month. Padilla chose to remain positive about her history-making candidacy. Echoing New Jersey Sen. Cory Booker, a Democrat and just the 11th Black senator ever, Padilla told her: "I, too, refuse to let anyone steal my joy."

That makes three of us. I know there are countless more.

UKRAINE

From Page 6

Hungary, Bulgaria and Romania in a "strong signal that we will collectively defend and protect every inch of NATO territory."

Ukraine, of course, is not a NATO nation. But the best way the alliance can in fact protect and defend its territory is to economically, diplomatically and militarily support Ukraine. The sequential, consequential meetings in Europe (including a late Thursday European Union meeting) this week are a constructive continuation of an effort that must be sustained during and beyond the war.

"Putin was banking on NATO being split," Biden said before his news conference. Thanks in part to Biden's leadership, it isn't, which benefits Ukraine and the whole free world.

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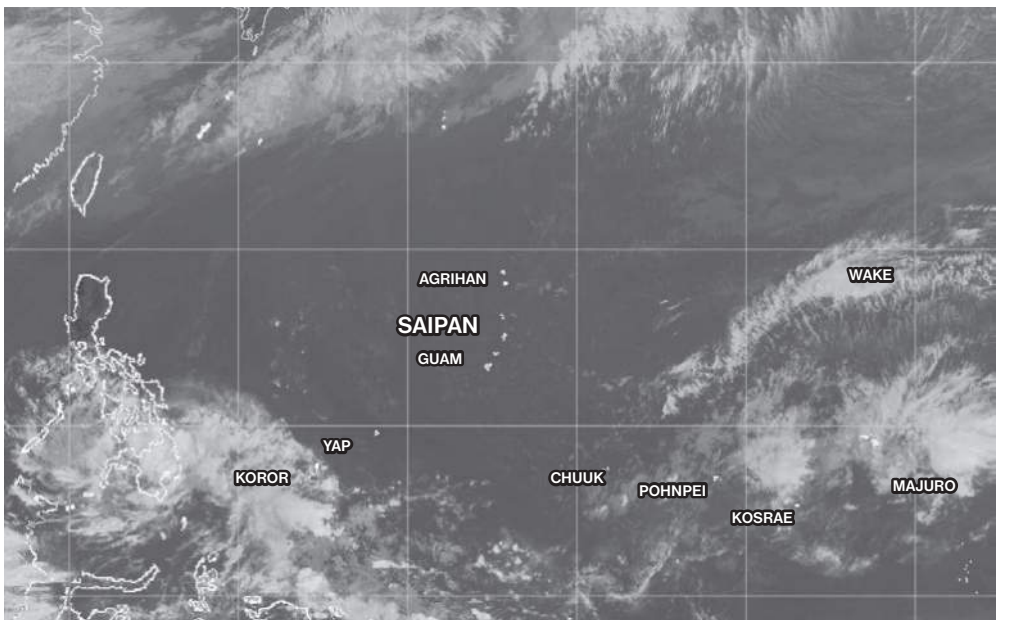
The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mostly cloudy with scattered showers. East winds 15 to 20 mph.	Mostly cloudy with scattered showers. East winds 15 to 20 mph.	Partly cloudy with isolated showers.	Partly cloudy with isolated showers.	Mostly cloudy with scattered showers.
86º 76º	86º 75º	86º 76º	86º 76	85º 76º

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 8:22 AM, SUNDAY, MARCH 27, 2022

Western North Pacific between equator and 25N from 130E to 180.

Satellite shows partly cloudy skies and isolated showers moving through the Marianas Waters. The buoys reveal combined seas of 8 to 10 feet, composed mainly of east trade-wind swell and wind waves.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA		▲ ▼ °F
Guam and Rota	Scattered Thunderstorms/Wind	30 / 25 °F
Palau	AM Thunderstorms	29 / 26 °F
Yap	Partly Cloudy	30 / 26 °F
Chuuk	Scattered Thunderstorms	29 / 26 °F
Pohnpei	Thunderstorms	29 / 26 °F
Kosrae	Thunderstorms	29 / 26 °F
Majuro	Thunderstorms	28 / 26 °F

DAY	SUNRISE	SUNSET
Today	06:15 AM	18:28 PM
Tuesday	06:15 AM	18:28 PM
Wednesday	06:14 AM	18:29 PM
Thursday	06:13 AM	18:29 PM
Friday	-	-

DAY	MOONRISE	MOONSET	MOONRISE
Tuesday	03:17	14:51 PM	-
Tuesday	04:06	15:50 PM	-
Wednesday	04:50	16:46 PM	-
Thursday	05:31	17:40 PM	-
Friday	-	-	-

AROUND THE GLOBE		▲ ▼ °F
Auckland	Mostly Sunny	22 / 15 °F
Beijing	Mostly Sunny	19 / 9 °F
Hong Kong	Rain	20 / 18 °F
Honolulu	Mostly Cloudy	28 / 22 °F
London	Mostly Sunny	18 / 7 °F
Los Angeles	Rain	16 / 10 °F
Manila	Partly Cloudy	35 / 26 °F
Melbourne	AM Clouds/PM Sun	24 / 15 °F
Miami	Mostly Sunny	26 / 19 °F
New York	Partly Cloudy	0 / -4 °F
Osaka	Mostly Cloudy	14 / 7 °F
Paris	Mostly Cloudy	22 / 11 °F
Busan	AM Clouds/PM Sun	13 / 7 °F
Rome	Partly Cloudy	20 / 7 °F
Salem	Partly Cloudy	23 / 10 °F
San Francisco	AM Clouds/PM Sun	15 / 9 °F
Seoul	Sunny	14 / 0 °F
Tokyo	Mostly Cloudy	15 / 8 °F
Washington, DC	Partly Cloudy	6 / -5 °F

TIDES: SAIPAN HARBOR TODAY		FEET
05:54 AM	High Tide	1.79
11:24 AM	Low Tide	1.15
4:04 PM	High Tide	1.66
11:24 PM	Low Tide	-0.15

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

■ Stay home as much as possible. Avoid unnecessary travel or public places.

■ Avoid social gatherings in groups of more than 10.

■ Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.

■ Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.

■ Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.

■ Create a household plan of action, https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html

■ Ensure a 30-day supply of all medicines.

Continue good hand hygiene

■ Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.

■ Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

■ Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:

• Choosing a room in your house that can be used to separate sick household members from others.

• Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

• Avoiding touching your eyes, nose, and mouth with unwashed hands.

• Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561 These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mpand, follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at http://www.chcc.gov.mp/pressrelease.html and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235,3740. E-mail: editor@saipantribune.com. Website:www.saipantribune.com.

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FLIGHT SCHEDULE AS OF MARCH 28, 2022

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	6:40AM	7:20AM	1, 3, 5
UA117	9:50AM	10:35AM	2, 4, 6, 7

GUAM-MANILA (MNL)

PR 111	6:35AM	8:35AM	1, 3, 5, 6, 7
UA193	7:05PM	10:55PM	5 via Palau
UA183	7:10PM	9:10PM	Daily

SAIPAN-MANILA (MNL)

UA117/183	6:40AM	9:10PM	1, 3, 5 via Guam
UA117/193	6:40AM	10:55PM	5 via Guam, Palau
UA117/183	9:50AM	9:10PM	2, 4, 6, 7 via Guam

SAIPAN-INCHEON (ICN)

S112	3:15PM	7:00PM	3, 6
TW9308	3:30PM	7:20PM	4, 7
7C3405	3:30PM	7:25PM	6
7C3405	3:50PM	7:45PM	3
OZ624	4:00PM	7:40PM	3, 6

SAIPAN-BUSAN (PUS)

7C3451	2:00PM	5:20PM	3, 7

ARRIVALS

GUAM (GUM)-SAIPAN

UA116	5:00AM	5:45AM	1, 3, 5
UA116	8:00AM	8:45AM	6, 7
UA174	8:00AM	8:45AM	2, 4

MANILA (MNL)-GUAM

PR110	10:35PM	4:35AM+1	2, 4, 5, 6, 7
UA184	10:25PM	4:20AM+1	1, 2, 3, 4, 6, 7
UA192	10:25PM	6:05AM+1	5 via Palau
UA184	11:50PM	5:40AM+1	5

MANILA (MNL)-SAIPAN

UA184/116	10:25PM	5:45AM+1	2, 4, 7 via Guam
UA184/174	10:25PM	8:45AM+1	1, 3 via Guam
UA184/116	10:25PM	8:45AM+1	6 via Guam
UA192/116	10:25PM	8:45AM+1	5 via Palau, Guam
UA184/116	11:50PM	8:45AM+1	5 via Guam

INCHEON (ICN)-SAIPAN

RS111	8:15AM	1:35PM	3, 6
7C3406	8:30AM	2:10PM	6
7C3406	8:50AM	2:30PM	3
TW9307	9:00AM	2:30PM	4, 7
OZ623	9:00AM	2:30PM	3, 6

BUSAN (PUS)-SAIPAN

7C3452	8:00AM	1:00PM	3, 7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF MAY 18, 2021

SAIPAN TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1301	8:30AM	9:00AM	Daily
1302	11:00AM	11:30AM	Daily
1303	1:30PM	2:00PM	Tues/Wed/Thurs/Fri
1304	3:30PM	4:00PM	Daily

ROTA TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3101	9:30AM	10:00AM	Daily
3102	12:00AM	12:30AM	Daily
3103	1:30PM	3:00PM	Tues/Wed/Thurs/Fri
3104	4:30PM	5:00PM	Daily

ROTA TO GUAM

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15	12:45	Temporarily Unavailable

GUAM TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
4301	13:00	13:30	Temporarily Unavailable

SAIPAN TO TINIAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1201	7:00	7:15	Temporarily Unavailable
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Daily
1205	11:00	11:15	Daily
1206	12:00	12:15	Temporarily Unavailable
1207	13:00	13:15	Temporarily Unavailable
1208	14:00	14:15	Daily
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Daily
1212	17:00	17:15	Temporarily Unavailable

TINIAN TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
2101	7:30	7:45	Temporarily Unavailable
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Daily
2105	11:30	11:45	Daily
2106	12:30	12:45	Temporarily Unavailable
2107	13:30	13:45	Temporarily Unavailable
2108	14:30	14:45	Daily
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Daily
2112	18:30	18:45	Temporarily Unavailable

Coast Guard medevacs Ukrainian mariner from Palmyra Atoll

HONOLULU—An Air Station Barbers Point HC-130 Hercules aircrew conducted a medical evacuation for a 66-year-old Ukrainian mariner from Palmyra Atoll last Thursday.

The mariner was suffering from abdominal pains and was transported to awaiting emergency medical services on Oahu. He is reported to be in stable condition.

At 4:12am, Wednesday, Joint Rescue Coordination Center Honolulu watchstanders received a report from the exploration vessel *Nautilus* stating that a crewmember onboard was experiencing severe abdominal pain.

A Coast Guard duty flight surgeon was consulted and recommended the mariner be medically evacuated.

JRCC Honolulu watchstanders diverted the *Nautilus* to Palmyra Atoll and deployed the Hercules aircrew to conduct the medevac. The Hawaii Disaster Medical Assistance Team provided a medical professional for in-flight medical care during the transport.

The Hercules crew arrived back in Hawaii at 4:15pm and transferred the mariner to awaiting emergency services. ***(USCG)***

U.S. COAST GUARD/PETTY OFFICER 2ND CLASS MATTHEW WEST

A Coast Guard Air Station Barbers Point HC-130 Hercules aircrew conducts a medical evacuation for a 66-year-old Ukrainian mariner from Palmyra Atoll last March 25, 2022. The mariner was suffering from abdominal pains and was transported to awaiting emergency medical services on Oahu.

Friends of the Mariana Trench seeks community's comments

The Friends of the Mariana Trench invite the community to learn about the proposed national marine sanctuary and to participate in the five-year review process. The comment period was recently extended an additional 45 days at our request, and our community has until April 25 to learn about the proposed sanctuary, and to help determine whether our waters continue to meet the criteria of National Marine Sanctuary designation.

The sanctuary nomination was made in 2016 at the written request of Gov. Ralph DLG Torres and Delegate Gregorio Kilili C. Sablan (Ind-MP), but the official nominating documents were written and submitted by the Friends of the Mariana Trench, with support from Angelo Villagomez, a Chamorro conservation advocate who lives and works in Washington, D.C. (Angelo is the son of the late Justice Ramon G. Villagomez).

The 2016 nomination is available online and the Friends encourage the public to review it. The great thing about the five-year review process is that it allows for edits to be made to the nomination. During the first comment period, the Friends compiled changes suggested by the community, engaged with Chamorro scientists to review, and document new science in our waters, and submitted them to the federal government on March 3. That letter can be reviewed in the News Feed on our website or at this link: https://www.friendsmarianatrench.org/news/learn-more-about-our-ideas-for-the-marianas-sanctuary/

Most of the changes were small, but we made three overarching changes: (1) We want to change the name of the sanctuary to reflect our cultural heritage, and to help avoid confusing the sanctuary with the monument, which is a different federal initiative, (2) We stressed the importance of co-management of the proposed sanctuary at the governance, management, and advisory level, and most importantly (3), we want to celebrate our proud fishing tradition and are not proposing any restrictions to our local boats. We are, however, explicit that we do not support fishing by foreign vessels in our waters, a position informed by our interactions with family and the community.

Now that the comment period has been extended, we have the opportunity to make additional edits. And with the help of John Gourley's public outreach efforts, we have already identified one important edit: We want to change the language around proposed permitting for vessels. We do not want there to be permit requirements for local boats, but when foreign researchers or billionaire adventure seekers come into our waters, we want our local people to know about it, and we want local people to have the ability to restrict their activities if they are harmful. Again, this position is based on conversations we have had with friends and the community.

The Friends of the Mariana Trench is a grassroots organization based on Saipan and consists of indigenous women and men. We appreciate the interactions we've enjoyed with our community through last year's outreach events such as DCRM's Ocean Fair Saipan & Rota, The Mariana Trench Marine National Monument Management Plan Watch Party Saipan & Tinian, Taste of the Marianas, Hafa adai - Tirow Summer Jam, Project Liffang and at the recent International Women's Month event at the NMI Museum. In addition to conducting our programs funded through our 501c3 status, we strive to be present at community events to provide outreach on our projects and programs, our monument, our organization, and our vision - Healthy Oceans, Healthy Communities. We aim to provide the latest information on our website www.friendsmarianatrench.org so that our community can be informed and aware of the available opportunities to get involved. Everyone is welcome!

The fastest way to reach us is to call or send a WhatsApp message to (670) 483-3668 or send us an email at info@friendsmarianatrench.org. We are very responsive.

If you haven't seen the public announcement by NOAA Sanctuaries, be advised that there will be a virtual meeting hosted by the federal government on Thursday, March 31, 2022, from 12pm to 3pm ChST. The Friends encourage the public to register and attend. You can register here: https://attendee.gotowebinar.com/register/1179203552492044303 ***(PR)***

Commonwealth of the Northern Mariana Islands
Department of Labor

1356 Mednilla Avenue | Capitol Hill
P.O. Box 10007 | Saipan, MP 96950
Phone: (670) 664-3196 | Web: www.marianaslabor.net

NOTICE TO EMPLOYERS

In accordance with Employment Rules and Regulations of the Northern Mariana Islands Administrative Code (NMIAC), the CNMI Department of Labor (CNMI DOL) mandates compliance of the following for all eligible private sector employers. Failure or refusal to comply is cause for CNMI DOL to issue a Notice of Violation to the employer which may result in fines and other sanctions following a due process hearing in the Administrative Hearing Office.

1. Post Job Vacancy Announcement (JVA) on CNMI DOL website
An employer who intends to employ a foreign national worker, transitional worker, or nonimmigrant alien on a full-time basis (under any new employment arrangement, any renewal of any existing employment arrangement, or any transfer) must post a Job Vacancy Announcement (JVA) on the CNMI DOL website at www.marianaslabor.net. NMIAC § 80-20.1-225(a). No waiver is available for the job vacancy announcement requirement. NMIAC § 80-20.1-225(e).

2. Submit Total Workforce Listing
Each business employer ***shall report quarterly***, as of the last day of the calendar quarter, ***the number of employees, job classification, and the hourly wage*** of employees for whom wages were paid during the quarter. NMIAC § 80-20.1-505(b) (emphasis added). The Department requires employers to present this information in a document called "Total Workforce Listing," via email: documents@marianaslabor.net (Excel format).

The Total Workforce Listing is due each quarter:
1st Quarter (January – March) .....due on April 30
2nd Quarter (April – June) .....due on July 31
3rd Quarter (July – September) .....due on October 31
4th Quarter (October - December) .....due on January 31

Attention: The Total Workforce Listing for the 1st Quarter 2022 is due on or before April 30, 2022. Online submissions may be emailed to documents@marianaslabor.net (in Excel format), delivered to the DOL Administrative Services Office, Building #1356, Capitol Hill, or faxed to (670) 664-3197. Online submissions are preferable.

3. Adhere to Workforce Participation Minimum Percentage Requirement
Any employer, unless exempt, who employs workers on a full-time basis must certify that 30% or more of its full-time employees are U.S. citizens, U.S. permanent residents, and/or CNMI permanent residents. 3 CMC § 4525 and NMIAC § 80-20.1-210(c)(3). Failure to maintain a minimum percentage of 30% will result in a Notice of Violation filed against the employer.

4. Submit New or Updated Workforce Plan
All employers who employ nonimmigrant alien workers, unless exempt, must submit a new or updated Workforce Plan every twelve months. NMIAC § 80-20.1-510(c). A workforce plan shall identify specific positions currently occupied by a foreign national worker and timetable for accomplishing the replacement of the foreign national worker with qualified U.S. citizens, CNMI permanent residents, and U.S. permanent residents until the workforce participation objective is met. NMIAC § 80-20.1-510(b). *The Workforce Plan form is available on the CNMI DOL website under Forms & Publications at www.marianaslabor.net.*

SPECIAL INSTRUCTIONS FOR EMPLOYERS WITH MULTI-ISLAND JOB SITES
An employer with multiple island job sites in any of the Mariana Islands must submit a separate report for each island. For example, if an organization employs workers for job sites in Saipan and Tinian then the employer must file two separate quarterly compliance reports (one for Saipan and another for Tinian).

- Rota employers must email the Total Workforce Listing and Workforce Plan to documents@marianaslabor.net and dolrota@gmail.com OR delivered to the Rota DOL Field Office at Old Rota High School Campus, Liyo Village.
- Tinian employers must email the Total Workforce Listing and Workforce Plan to documents@marianaslabor.net and tinianlabordepartment@gmail.com OR delivered to the Tinian DOL Field Office at Edu's Plaza, 1st Floor, San Jose Village.

SPECIAL INSTRUCTIONS FOR ALL EMPLOYERS WHOSE OPERATIONS WERE AFFECTED BY THE COVID-19 PANDEMIC
Indicate the employment status on the Total Workforce Listing of those employees that are currently on furlough, laid off or working reduce hours as a result of the COVID-19 pandemic.

For further information, please call tel. 670-664-3196 or 670-323-9995.

[ARNOLD & DAVE]
REBUILDING TRUST

CONTRACT

This contract outlines our pledge to you for your vote of confidence in the upcoming general election as your Governor and Lt. Governor. It is a binding roadmap of what we promise to do to regain your trust in your government. With your support, we will stop the rampant abuses, implement necessary socio-economic reforms and restore a Commonwealth. -OF, BY and FOR the people"

Arnold & Dave

REFORMS

IMPLEMENT REFORMS

We strive to rebuild the public trust in our government, the foundation which shapes the relationship between the people and its government. We will serve with a transparent government that is efficient, productive, and economical in its operations, ethical and responsive in its delivery of services and relentless in the protection of public interest. Team A and D pledges to;

- Exhaust all efforts to reduce government public debt such as land compensation obligations.
- Streamline the planning, coordination and implementation of projects to improve infrastructure such as transportation, utilities and solid waste management.
- Implement a system wide mandate that prohibits the use of public funds for unjustified transactions that undermine the CNMI Procurement Policy and regulations.
- Propose legislative reforms to address legislative office allowances, official representation, government travel and use of public funds in the conduct of public service as an elected official or employee of the Government.
- Collaborate with the CEDA, NMHC and other lending institutions to explore options for affordable housing programs to 1st-time homeowners that reflect the current financial state of the CNMI.
- Revisit and implement the principles of Amendment 25 in the CNMI Constitution to delegate broad administrative authority to the Municipalities of Tinian and Rota.

GOVERN ETHICALLY

The Arnold and Dave Team pledges to rebuild trust between the citizens of the Commonwealth and its government with sets of basic ethical guiding principles. We will require accountability, fiscal responsibility, and transparency from all public offices, public servants, including elected officials. The A and D team will;

- Not use public funds and resources for personal gains nor accept government-funded utilities unless residing in the Governor's Official residence and allowed by law.
- Encourage and protect public servants who report questionable and suspected activities to proper authorities.
- Uphold strict adherence to government procurement regulations through transparency to assure public servants and private citizens that the government is working for all people, and not a select few.
- Develop a merit-based system on performance and qualifications that is inclusive to all

PALACIOS APATANG
REBUILDING TRUST
2022
INDEPENDENT

ESSENTIALS

EMPOWER EDUCATION

We believe that education is the foundation of meaningful and sustainable human development. We pledge to empower people of the CNMI with the skills and education to be better equipped for their own individual development while supporting the socio-economic stability of the CNMI. The Arnold and Dave team pledges to;

- Prioritize and safeguard scholarship and other student financial assistance.
- Work with PSS and NMC to promote indigenous language immersion and degree programs.
- Incentivize businesses that invest in training and apprenticeship of U.S. citizens by making such costs qualify for Educational Tax Credit.
- Work with NMC to offer specialized programs to meet secondary school needs and develop a marketing plan for international Asian students.
- Remit an annual budget of not less than 25% of CNMI revenues to the Public School System in a timely and legally acceptable manner.
- Enhance the school curriculum to provide our children lifelong skills they need to be successful and competitive in life.

SUPPORT LAW ENFORCEMENT

The Department of Public Safety (DPS) and the Department of Corrections (DOC) stand at the forefront to ensure everyone's safety and protection in the CNMI. The fine professional men and women of the CNMI Law Enforcement often put their lives in harm's way to protect us and ensure our safety. Team A and D pledges to:

- Provide training on community-oriented policing and offer a competitive and fair tenure system for upward mobility and;
- Implement policies and programs that provide equitable practices and opportunities and are conducive to high morale and productivity Provide training on community-oriented policing and offer a competitive and fair tenure system for upward mobility and;
- Ensure safety of the community is never compromised; law enforcement technical training and assets are current and fully funded

IMPROVE HEALTHCARE

We believe that each individual in our Commonwealth is entitled to quality healthcare and should be provided with the necessary care and service to live a safe and healthy life. We will ensure that our healthcare system is equipped to provide accessible and quality primary health care, social services and mental health support. The A and D team aims to:

- Ensure that everyone has access to preventative care programs through more robust public education.
- Invest in telemedicine and access off-island medical expertise and technologies.
- Ensure that our lone public hospital (CHCC) which provides medical service to everyone in the CNMI including the indigent population is properly subsidized.
- Conduct a comprehensive review of medical services in Rota and Tinian to ensure that the needs of the medical centers are addressed and life-saving equipment are accessible.
- Overhaul and adequately fund the medical referral programs for both inter-island as well as off-island referrals. Work with CHCC and private clinics to develop a data driven of CNMI-wide mental health program that is properly funded and has the experienced and trained personnel to address the mental health crisis in the CNMI;
- Improve regional networking and leveraging of resources with CDC and regional partners regarding the pandemic.
- Ensure that sweeping decisions regarding the pandemic are science–based, to foremost protect lives, but afford a balanced consideration on the pandemic's economic impact on our communities.

SECURE OUR HOMELAND

We believe that our resilience to survive and mitigate the impacts of unprecedented threats, crimes, hazards or emergencies, man-made or otherwise, depend on the effective coordination of our first responders and awareness /readiness of our community. Team A and D pledges to;

- Update emergency protocols, response training and full-scale exercises including the Marianas Regional Fusion Center (MRFC) and Community Emergency Response Team (CERT).;
- Develop partnerships with CHCC and private clinics to provide our first responders with counseling services
- Work with the Federal Government to forward deploy emergency response items to our area for faster response during disaster.
- Strengthen our Emergency Management Response Plan through routine tabletop or live drills with key agencies, private, federal and regional partners.

INVESTMENTS

DIVERSIFY ECONOMY

We believe in a sustainable, diversified and robust economy that can withstand the uncertainties and consequences of regional and global forces. We pledge to create greater opportunities to prosper and succeed as individuals and as a community within a well-planned, sustainable and diversified economy. The A and D team will

- Promote more entrepreneurial opportunities for small local businesses through subsidies and other forms of financial assistance.
- Explore agricultural livestock production to supply the growing military presence and the rest of the Micronesian region by partnering with the Tinian Cattle Association, pork producers in Saipan and farmers from Rota.
- Utilize portions of the Developer's Infrastructure Tax to fund cultural activities and other tourism related ventures;
- Incentivize business start-ups in agriculture and the fishing industry and provide financial relief to small businesses that suffered the most from Covid related circumstances with qualifying ARPA funds
- Provide tax reliefs on grocery items and recover lost tax revenue by taxing luxury items; promote aggressive marketing of locally produced items and enable legislation to protect locally produced products;
- Update the Qualifying Tax Certificate to provide greater benefits to eligible investors, and ensure that monies remain within the CNMI economy to employ local residents;
- Support increased capabilities of the Department of Finance to establish efficient and accurate collection of BGRT and other taxes to ensure fair and equal compliance by all businesses including gaming establishments;
- Establish a task force, composed of key stakeholders to oversee and support training and workforce development while monitoring progress made towards the 2029 CW deadline.

HONOR VETERANS AND ACTIVE SERVICE MEMBERS

We honor those that risked their lives and those that continue to do so to protect our freedom and a democratic way of life. We pledge to work with the US Delegate to ensure that the benefits and services afforded to our veterans are second to none. Our veterans and active service members deserve a grateful nation's best an nothing less. Team A and D will:

- Work with our delegate to expand dedicated veteran services in the CNMI to include psychotherapy, physical therapy and access to other specialized quality health care services.
- Work with our delegate to increase the number and efficacy of routine medical/psychological evaluations of servicemen/women.
- Pursue the expansion of the Troop store offerings to match that of Guam's so that a greater variety of commodities be offered and enjoyed by our Commonwealth veteran families.
- Work to secure approval and funding for the development of Veteran Cemeteries on Tinian and Rota

FORGE PARTNERSHIPS

We believe that a key to mitigating harmful external forces is by forging regional partnerships and nurturing existing federal relationships. We will foster close partnerships with the military and simultaneously encourage responsible practices and accountability in pursuit of protecting and preserving our natural resources. Team A and D pledges to:

- Ensure Tinian and Pagan communities are front and center in any proposed military activity on either island;
- Not support any heavy artillery or bombing ranges, but will work closely with the federal government and the military as partners to forge an acceptable joint use of our islands with the input and participation of our regional island communities;
- Work with our U.S. delegate to access untapped federal funds and hold agencies accountable for expenditures of federal funds;
- Support regional collaborations such as the Micronesian Chief Executives to share successes, challenges, and coordination of logistical support especially in times of natural disasters.
- Work with regional countries to develop and expand our tourism industry while looking for opportunities to open new markets with countries for export of goods produced in the CNMI.

GUARANTEE RETIREMENT

We honor the sacrifices of our retirees who have invested much of their lives strengthening our community. We will fight to afford retirees a dignified and comfortable retirement life. Unquestionably, we have a legal obligation to ensure adequate funding of the Settlement Fund. Team A and D pledges to:

- Introduce a sustainable, all-inclusive and equitable retirement system that will augment other retirement plans such as Social Security and 401k.

RESOURCES

PROTECT THE ENVIRONMENT

We believe that we are all stewards of the environment and it is everyone's responsibility to protect and preserve the environment for our children and the generations that follow. The A and D team pledges to;:

- Incentivize composting and recycling business start-ups through tax relief; propose fees for use of plastic bags as an initial step to banning plastic bags and related plastic products.
- Prioritize the Garapan Revitalization Plan to enhance ground-zero tourism for the CNMI and preserve Saipan's pristine beaches in and around the tourist district including water quality compliance.
- Promote ecotourism throughout Saipan, Tinian, Rota and the Northern Islands and add to present tourist attractions and help stimulate economic growth.
- Create a climate change task force to recommend best practice-policies to mitigate adverse impacts on our natural resources i.e, beaches and groundwater.

TREASURE OUR HISTORY AND CULTURE

We recognize the priceless value of our historical and cultural resources but we are equally aware of our strength in our cultural diversity. We pledge to cultivate the economic and intrinsic value of these resources and be vigilant in our efforts to protect, promote and showcase them in our community and to our visitors. Specifically, team A and D pledges to;

- Establish a formal coordination between the CNMI library, NMC Archives and the CNMI Museum to protect, preserve and promote Marianas history and culture. with use of digital technology
- Utilize federal and local funding sources to construct/repair and renovate culturally significant landmarks, political history statues, buildings, murals and other forms of artistic expression and to offer as additional tourist attractions.
- Leverage ARPA funds, if still available, to construct a cultural center that will showcase traditions, arts and craft, and serve as a regional hub for conferences, community events and state-related events.
- Develop a 30-year study on present and future land use for development, residential homestead, agriculture, sports and recreation, infrastructure, conservation areas, etc, and the projected development's overall impact on the environment.
- Protect ancestral grounds and require proper burial of our ancestor's remains, while ensuring regulations adequately protect our cultural heritage and history.

INVOLVE COMMUNITY/SOCIAL COLLABORATION

"A true community is not just about geographically close to someone or part of the same social network. It's about feeling connected and responsible for what happens." In this spirit, we aim to provide community programs that promote a sense of belonging and ownership through sports, arts and crafts, cultural events, and others. Team A and D pledges to;

- Involve the private sector to redefine and revamp the definition of community partnership and community driven solutions such as the Neighborhood Watch.
- Respect and will protect each individual's freedom of choice and will not tolerate any discrimination or harassment in any form or setting and especially in the workplace.
- Support youth organizations and increase the variety of recreational activities and events such as inter-island sport competitions throughout the Commonwealth for all to enjoy.
- Pursue funding opportunities that support and strengthen our community centers' revitalization throughout the Commonwealth.
- Promote the Arts and Computer Information Systems within the community centers to assist the development of our youth in a variety of fields

This November 2022, we humbly ask for your vote of confidence. Thank you, Si Yu'us Ma'åse, Ghilisow, Salamat Po, Gamsahabnida, and Xiexie.

Paid for by the Committee to Elect Arnold Palacios and David Apatang.

Saipan Lady Eagles had a Zumba Day and raised funds

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

About 130 participants joined last Saturday's "Zumba Fun Day," a day of dance, sweat, and fun organized by the Saipan Maga'haga Lady Eagles at the Garapan Roundhouse, in a fundraiser event that was open to the public with the hopes that it will promote a fitness lifestyle and camaraderie.

Angelica Lastamado, who is president of the Saipan Maga'haga Lady Eagles Club, said in a speech before the event that this was the club's first event and was also being held as part of the celebration of International Women's Month.

She said the club—an all-female organization that was chartered only this year—decided on a small fundraiser that also celebrates "all women in every part of the world, in the CNMI, leaders of the organization, and especially ourselves."

The club's motto is "service through strong sisterhood."

Lastimado said the funds raised last Saturday will be used "as our community fund for our projects here in the CNMI and in the Philippines. We're going to extend our help also in the Philippines." Most of the club's members hail from the country.

Many of Saturday's participants were members of the Saipan Fitbeat Lions Club, Saipan Unity Lions Club, Saipan Maga'lahi Eagles Club, and friends and family of these organizations.

Gov. Ralph Torres also joined in the fun in his continued effort to "get fit, slowly but surely, one day at a time." In a speech before the Zumba dancing began, te thanked the various organizations present for their commitment and all the things they've done and continue to do.

LEIGH GASES

Zumba instructor Zin Abby Whang and her Zumba group pose with some members of the Saipan Maga'haga Eagles Club during the Zumba Fun Day last Saturday at the Garapan Roundhouse that was held as part of the celebration of International Women's Month.

The organization hopes to host more events that will benefit the community. According to Lastimado, the Eagles Club is looking into collaborating with Miss Northern Marianas for the Domestic and Sexual Abuse Awareness Month next month, in support of women's organizations in the CNMI.

Zin Abby Whang and Zin Shellan Sarmiento were some of the Zumba instructors that led the Zumba dancing.

Torres calls on his Cabinet members to 'Live and Lead Fit'

Weeks into his personal fitness journey, Gov. Ralph DLG Torres is encouraging residents—and challenging his Cabinet—to join him.

Torres embarked on this mission on a challenge by mixed martial arts professional Frank "The Crank" Camacho to live and lead fit. Camacho created a diet and exercise program for Torres, and he is feeling the results.

"I have more energy, and that equates to more time with my family," Torres said.

Torres is taking his fitness more seriously, and he is also meeting with a physical trainer and a nutritionist to be able to reach his personal goals. "But this level of effort is not required for anyone in the community to strive for, only that they should do what they can to start living healthier," he said.

Torres

"Good health is a tremendous defense against the effects of COVID-19. We have worked together to protect our community by wearing our masks, washing our hands, and watching our distance. The next step is to take control of our physical health and wellbeing," Torres added.

"It is important that we continue to employ the 3Ws, but it is also imperative that we do more to steer our people from the worst-case scenario," he added. "Even outside of COVID-19, good health is a great defense against other ailments like high blood pressure and diabetes."

In addition to getting cardio work in, waking up early in the morning also means Torres is able to get an early start to working for the people of the Commonwealth. He is hopeful, too, that members of his Cabinet will join the movement and start living and leading fit.

"My work day starts earlier, and I am good with this. Day in and day out, this gives me more time to dialogue with my senior staff about the business of serving our people," Torres said. "I am committed to live fit and lead fit, and I hope to motivate the Cabinet to join this journey."

Torres will continue to provide progress updates and information on upcoming initiatives. ***(PR)***

Office of the Public Auditor
Commonwealth of the Northern Mariana Islands
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POSITION: AUDITOR I
EXAMINATION NO. OPA-22-001

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/S/ CORA P. ADA
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Duties:
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Other requirements:
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Work Location: Eucon International School, Kulales Place, Chalan Pale Arnold Road, Gualo Rai Mail Address: P.O. Box 500087, Saipan, MP 98950

E-Mail address: hr@eucon.edu

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Other requirements:
Baccalaureate degree in liberal arts, stem-science, or engineering; ability to communicate and interact with students and parents; ability to encourage and motivate students; basic computer and microsoft software skills; Chinese language skills preferred, as school instructs both native English and Chinese speaking students

Work Location: Eucon International School, Kulales Place, Chalan Pale Arnold Road, Gualo Rai Mail Address: P.O. Box 500087, Saipan, MP 98950

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REQUEST FOR QUOTATION (RFQ)
NMHC RFQ 2022-001
(This is ad is paid for NMHC with HUD funds)

INDEPENDENT COST ESTIMATOR (ICE) CONTRACTOR

Information regarding the ICE contractor services will be available online on March 16, 2022, you may obtain the RFQ information by visiting the NMHC website at www.nmhcgov.net by clicking on the "Procurement Tab", or at www.cnmi-cdbgdr.com. ***All price quotations shall be submitted on or before March 31, 2022, no later than end of work day.***

Pursuant to NMIAC § 100-60-220 (c)(1), the NMHC is soliciting price quotation from qualified firms to perform ICE for the NMHC's CDBG-DR programs.

The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

All price quote submissions in response to this RFQ are considered quotes and not proposals or offers, even, if labeled as such. The quoters agree to and are bound by all instructions, procedures and rules of the RFQ.

Inquiries regarding this solicitation must be addressed in writing to Mr. Jacob Muna, Office Manager/Procurement Officer, at (670)234-6866/9447 or email at officemanager@nmhcgov.net during regular business hours, 7:30 a.m. – 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/
JESSE S. PALACIOS
Corporate Director

Women and women-volunteers take spotlight in Women's Month celebration

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

The lawn and courtyard of the CNMI Museum was ground zero last Thursday for the International's Women's Month and Volunteerism Recognition Ceremony that saw many in the community converging for this colorful event that also saw representatives of the diverse community that makes up the CNMI. To kick off the event, there was a roadside waving with many supporters displaying various countries' flags.

"Today we recognize extraordinary women in volunteerism and appreciate them for their countless time and [generosity] and giving what they do best because they're passionate and dedicated to giving back to our community," said Claudia Flores of the Women's Affairs Office. "This is what we mentor and what we coach to our young women and to our volunteers who decide to spend time giving back to their home and community."

The event was organized by the Commonwealth Women's Association, CNMI Women's Affairs Office, in cooperation with first lady Dianne Torres and the Lady Diann Torres Foundation and the CNMI Museum. The CNMI theme for the 2022 Women's Month is "Gender Equality: Key to Sustainable Development" and the International Women's Day theme is "Break the Bias."

Shirley Camacho-Ogumoro from the Women's Affairs Office said the celebration has a different theme every year. "For this year we have our different international women representing a different country, or island, but you're here traveling around the world at the museum, with no need to buy a plane ticket."

This year, though, they invited small business women entrepreneurs to sell their products at the event. "We've got different kinds of products… and we have some refreshments and snacks and dinner," said Ogumoro.

There were many awareness groups at the event as well. The Commonwealth Healthcare Corp. talked about public health, health issues for women, breast and cervical cancer, and also gave out COVID-19 booster shots. The Northern Marianas Coalition Against Domestic & Sexual Violence and the CNMI Miss Earth, Fire, and Water were also present.

"The organizers give a lot of our appreciation to our generous sponsors, partners and volunteers in helping every way to make it all exciting for us all tonight… to the nominees that we are recognizing today; to their families, friends, supporters, and for all their time, hard work and dedication in making tonight an amazing reality," said Flores in her speech.

One of the spectators at the event, Peachy Quitugua, a certified nurse midwife, said that celebrating Women's Month means a lot to her "being a woman and being raised by my mother and especially my grandmother. Celebrating women is essential because not only do we continue to lead in our communities, we continue to endure and to be role models to everyone, not only other girls in our community."

Some of the women volunteers recognized in the event were Michelle Olita, Rhine Russell, Angelica Bautista, Marlene Camacho Crus, Mary Grace Bautista, and Dee Clayton, to name a few.

Overall, Ogumoro says the event was successful and hopes to have another event celebrating women next year.

LEIGH GASES
Some recipients of the Women's Volunteerism Recognition during the celebration of International Women's Month at the NMI Museum grounds last Thursday, March 24, 2022.

Miss Earth CNMI and Miss Air 2021 greet guests at their booth at the NMI Museum grounds last Thursday, March 24, 2022. LEIGH GASES

Shirley Ogumoro, left, poses with first lady Diann Torres, second from left, and friends during the roadside waving in celebration of International Women's Month at the NMI Museum grounds last Thursday, March 24, 2022. LEIGH GASES

The First Lady Diann Torres Foundation booth during the celebration of International Women's Month at the NMI Museum grounds last Thursday, March 24, 2022. LEIGH GASES

Women of Yap participants smile for the camera during the roadside waving last Thursday, March 24, 2022, at the NMI Museum grounds in celebration of International Women's Month. LEIGH GASES

Women of Pohnpei participants mug for the camera during the roadside waving last Thursday, March 24, 2022, at the NMI Museum grounds in celebration of International Women's Month. LEIGH GASES

Two police officers pose for a photo during the roadside waving last Thursday, March 24, 2022, at the NMI Museum grounds in celebration of International Women's Month. LEIGH GASES

Health & Wellness

This advertorial is sponsored by Tan Holdings HEALTH IS WEALTH Tan Siu Lin Foundation

Caffeine's effects on blood sugar and blood pressure

By CYNTHIA WEISS
MAYO CLINIC NEWS NETWORK

DEAR MAYO CLINIC: I love to drink coffee. I often have multiple cups a day. Recently, I was diagnosed with diabetes and high blood pressure. My doctor advised that I may want to cut back on my beverage of choice, as it is not good for my blood sugar or blood pressure. Can you provide some insight, as I thought coffee was good for my health?

ANSWER: Various studies indicate that coffee has some health benefits, but it's not without a downside—mostly due to the caffeine.

Coffee may offer some protection against:

- Parkinson's disease.
- Type 2 diabetes.
- Liver disease, including liver cancer.
- Heart attack and stroke.

The average adult in the U.S. drinks about two 8-ounce cups of coffee per day, which can contain around 280 milligrams of caffeine. For most young, healthy adults, caffeine doesn't appear to noticeably affect blood sugar levels. On average, having up to 400 milligrams of caffeine per day appears to be safe. However, caffeine affects every person differently.

For someone who already has diabetes, the effects of caffeine on insulin action may be associated with higher or lower blood sugar levels. For some people with diabetes, about 200 milligrams of caffeine—the equivalent of one to two 8-ounce cups of brewed black coffee—may cause this effect.

If you have diabetes or you're struggling to control your blood sugar levels, limiting the amount of caffeine in your diet may be beneficial.

The same is true for caffeine's effect on blood pressure. The blood pressure response to caffeine differs from person to person. Caffeine can cause a short but dramatic increase in your blood pressure, even if you don't have high blood pressure. It's unclear what causes this spike in blood pressure.

Some researchers believe that caffeine could block a hormone that helps keep your arteries widened. Others think that caffeine causes your adrenal glands to release more adrenaline, which causes your blood pressure to increase.

Some people who regularly drink caffeinated beverages have a higher daily average blood pressure than those who drink none. Others who regularly drink caffeinated beverages develop a tolerance to caffeine. As a result, caffeine doesn't have a long-term effect on their blood pressure.

If you have high blood pressure, ask your health care professional whether you should limit or stop drinking caffeinated beverages.

The Food and Drug Administration says 400 milligrams a day of caffeine is generally safe for most people. However, if you're concerned about caffeine's effect on your blood pressure, try limiting the amount of caffeine you drink to 200 milligrams a day—about the same amount as is generally in one to two 8-ounce cups of brewed black coffee. Keep in mind that the amount of caffeine in coffee, energy drinks and other beverages varies by brand and method of preparation.

ASK THE PEDIATRICIAN

Which baby sleep products should be avoided?

By DR. DINA DIMAGGIO
AMERICAN ACADEMY OF PEDIATRICS

Q: The number of baby sleep items on the market is overwhelming. What should I avoid?

A: Having a baby is an incredibly exciting time and there are lots of fun baby items to buy. It's important to know, however, that some popular products are unnecessary and can actually be dangerous for infants. Examples include inclined sleepers, positioners, and crib bumpers.

Each year, about 3,400 infants in the United States die unexpectedly during sleep. This can happen from accidental suffocation, sudden infant death syndrome (SIDS), or unknown causes.

To help prevent these deaths, the American Academy of Pediatrics recommends that all infants be placed on their backs on flat, firm surfaces. Babies should sleep by themselves, without any bumpers, soft bedding, pillows or stuffed toys. Crib bumpers and inclined infant sleeper products can cause a baby to suffocate. We also advise against using products that are for infant bed-sharing with parents.

A safe sleep environment is so important that the U.S. Consumer Product Safety Commission approved a federal safety standard for infant sleep products in June 2021. Starting in mid-2022, this standard will help get rid of potentially dangerous baby sleep products such as inclined sleepers, in-bed sleepers, loungers, and travel/compact sleepers. These products will have to meet the same CPSC standards that are in place for cribs, bassinets, play yards, and bedside sleepers.

Keep these and other dangerous infant sleep products out of your home:

(DREAMSTIME/TNS)

Each year, about 3,400 infants in the United States die unexpectedly during sleep. To help prevent these deaths, the American Academy of Pediatrics recommends that all infants be placed on their backs on flat, firm surfaces.

Inclined sleepers and positioners

These are sometimes called baby nests, docks, pods, loungers, rockers, or nappers. Infant positioners and inclined sleepers have been popular items on baby registry lists for years. But these products are not yet regulated and have no safety standards.

The CPSC says that sleep products that incline more than 10 degrees are not safe. Soft and plush sleep surfaces are also dangerous. Inclined sleepers allow babies to sleep at a 30-degree angle. Infants placed in these products may fall asleep in a chin-to-chest position, which can restrict their airway. They can also roll out of the devices and become trapped under them.

Inclined sleepers have been tied to at least 94 deaths.

With sleep positioners, babies can suffocate after rolling onto their stomachs because they can't lift their heads. The soft padding can make it difficult to breathe if a baby's face presses against it.

Crib bumpers

Crib bumpers were long considered staples of nursery decor. They were originally intended to cushion babies from the crib slats. Crib bumpers are dangerous because of the risk of suffocation, entrapment, and strangulation. Plus, older babies may use the bumpers to stand on and climb out of the crib, creating a fall risk. Crib bumpers have been linked to at least 83 infant deaths in the past 30 years.

In addition to traditional padded bumpers, stores now sell mesh bumpers and vertical crib liners. But even these can get loose and become a strangulation risk. Babies can also get trapped between them and the crib mattress.

There is no evidence that crib bumpers of any kind prevent injury in young infants.

Cribs today are regulated by the CPSC and have updated safety standards. The slats are closer together to prevent your baby's head from getting stuck. This means that bumpers are not only dangerous, but unnecessary. If you're concerned about your child's leg getting stuck between crib slats, use a wearable blanket or sleep sack that's the right size for your baby.

The CPSC plans to review federal safety standards for bumpers this year. A bill that would prohibit crib bumpers was introduced in Congress in 2021 too. Known as the Safe Cribs Act, this bill would make it illegal to sell, distribute, manufacture, or import crib bumpers. The bill's sponsors are concerned that parents will keep buying these products, not realizing that they're potentially hazardous.

Some stores, online retailers, cities and states have stopped selling or have banned inclined sleepers and crib bumpers. Some companies have also issued voluntary recalls of these products.

Even in areas where these dangerous products are banned, they can still turn up at secondhand stores or garage sales. It's important to check the CPSC website to see if products have been recalled before using them.

Mayo Clinic expert explains link between diabetes, heart disease

By SHARON THEIMER
MAYO CLINIC NEWS NETWORK

LONDON—The number of people worldwide with diabetes is rising and with diabetes comes a higher risk for heart disease. Gosia Wamil, M.D., Ph.D., a cardiologist at Mayo Clinic Healthcare in London, explains the connection between these two serious, chronic diseases.

People with Type 2 diabetes are up to four times more likely than the general population to die from cardiovascular causes, leading physicians to recognize the need to reduce heart disease risk in people with diabetes rather than only managing their glucose, or blood sugar, levels, Dr. Wamil says.

"Positive lifestyle changes such as quitting smoking, losing weight, exercising more, developing a healthy diet and controlling blood pressure can all contribute to better heart health," Dr. Wamil says. "Studies have shown that by achieving good control of these cardiovascular risk factors, we not only significantly improve quality of life but most importantly prolong the lives of people with diabetes by on average of eight years."

Heart disease and diabetes are chronic conditions that in most cases cannot be cured, Dr. Wamil says: Diabetes can damage blood vessels and make the heart muscle stiffer, which eventually leads to problems with fluid retention and heart failure. People with diabetes also have higher risk of accelerated coronary artery disease and heart attacks, she adds.

Due to nerve damage caused by diabetes, patients may not feel the chest pain or other types of chest discomfort that may signal something is wrong with the heart, so heart disease may not be detected until it is advanced and fewer treatment options are available, Dr. Wamil says.

"The recent development of cardiac imaging techniques such as advanced echocardiography, cardiac CT and cardiac MRI brings hope that we will be able to detect diabetic heart disease earlier and prevent its serious consequences," Dr. Wamil says.

Dr. Wamil is using advanced medical imaging to study why the hearts of people with diabetes suffer more extensive injury after heart attacks and why those with diabetes develop heart failure more often than people with normal glucose control. Her research also involves the use of large sets of data and artificial intelligence to identify subgroups of people with diabetes who may respond best to certain treatments.

"There are many subtypes of diabetes that respond differently to medications," Dr. Wamil says. "Identifying patients who will benefit most from new treatments offers a promise that in the future we will be able to offer people with diabetes truly personalized therapeutic plans."

Over the past few years, new antidiabetic therapies with proven heart benefits have been made part of clinical guidelines, she notes.

Life & Style

Foo Fighters drummer Taylor Hawkins dead at 50

LOS ANGELES (AP)—Taylor Hawkins, for 25 years the drummer for Foo Fighters and best friend of frontman Dave Grohl, has died during a South American tour with the rock band. He was 50.

There were few immediate details on how Hawkins died, although the band said in a statement Friday that his death was a "tragic and untimely loss."

Colombia's Prosecutor's Office released a statement Saturday saying toxicological tests on urine from Hawkins' body preliminarily found 10 psychoactive substances and medicines, including marijuana, opioids, tricyclic antidepressants and benzodiazepines. It did not provide a cause of death and investigations are continuing.

Foo Fighters had been scheduled to play at a festival in Bogota, Colombia, on Friday night. Hawkins' final concert was Sunday at another festival in San Isidro, Argentina.

"His musical spirit and infectious laughter will live on with all of us forever," said a message on the band's official Twitter account that was also emailed to reporters. "Our hearts go out to his wife, children and family."

The Bogota municipal government issued a statement Saturday that the city's emergency center had received a report of a patient with "chest pain" and sent an ambulance, though a private ambulance had already arrived at the hotel in northern Bogota.

Health workers tried to revive him, but were unable to do so.

"It was a band I grew up with. This leaves me empty," Juan Sebastian Anchique, 23, told The Associated Press as he mourned Hawkins outside the hotel.

The U.S. Embassy in Bogota also expressed its condolences in a tweet.

After Grohl, Hawkins was the most recognizable member of the group, appearing alongside the lead singer in interviews and playing prominent, usually comic, roles in the band's memorable videos and their recent horror-comedy film, "Studio 666."

Hawkins was Alanis Morissette's touring drummer when he joined Foo Fighters in 1997. He played on the band's biggest albums including "One by One" and "In Your Honor," and on hit singles like "Best of You."

In Grohl's 2021 book "The Storyteller," he called Hawkins his "brother from another mother, my best friend, a man for whom I would take a bullet."

"Upon first meeting, our bond was immediate, and we grew closer with every day, every song, every note that we ever played together," Grohl wrote. "We are absolutely meant to be, and I am grateful that we found each other in this lifetime."

It's the second time Grohl has experienced the death of a close bandmate. Grohl was the drummer for Nirvana when Kurt Cobain died in 1994.

Tributes poured out on social media for Hawkins.

"God bless you Taylor Hawkins," Rage Against The Machine guitarist Tom Morello said on Twitter along with a photo of himself, Hawkins and Jane's Addiction singer Perry Farrell. "I loved your spirit and your unstoppable rock power."

AP

An image of Foo Fighters' drummer Taylor Hawkins adorns a makeshift memorial outside the hotel where Hawkins was found dead, in northern Bogota, Colombia, Saturday, March 26, 2022.

Miranda to miss Oscars after wife tests positive for COVID

LOS ANGELES (AP)—Lin-Manuel Miranda, one of this year's most prominent Oscar nominees, will sit out the ceremony after his wife tested positive for COVID-19.

Miranda shared the unfortunate news on Twitter Saturday afternoon. He said that even though he has tested negative himself, he will stay away from Sunday's ceremony out of caution.

"Made it to Hollywood," Miranda wrote. "This weekend, my wife tested + (positive) for COVID. She's doing fine. Kids & I have tested - (negative) but out of caution, I won't be going to the Oscars tomorrow night."

Miranda

The Oscar-nominated composer added he was "cheering for my TickTickBoom & Encanto families w my own family, alongside all of you, ALL of you."

Miranda is up for an Oscar for best original song for "Dos Oruguitas" from the animated film "Encanto." Should he win, he would attain rare EGOT status, meaning he'd be an Emmy, Grammy, Oscar and Tony winner.

The "Hamilton" creator also will be missing the first live performance of his hugely popular song "We Don't Talk About Bruno," also from "Encanto," a film about a Colombian clan with magical powers. The addictive tune became the highest-charting song from a Disney animated film in more than 26 years.

The multi-talented Miranda also directed "tick, tick ... Boom.!" which is nominated for two Oscars, including star Andrew Garfield for best actor.

Meghan's 1st Spotify podcast to focus on female stereotypes

LOS ANGELES (AP)—The first podcast from Prince Harry and Meghan's partnership with Spotify will focus on harmful labels and stereotypes applied to women.

The "Archetypes" podcast will be hosted by Meghan and is expected to launch this summer.

The series will feature interviews with historians and experts to "investigate the labels that try to hold women back," according to a summary posted on Spotify. The streaming service on Thursday released a minute-long teaser that opened with clips of people using the words "slut" and "skanky" and talking about the stereotypes applied to women's strength and intelligence.

"I'm Meghan and this is 'Archetypes,' the podcast where we dissect, explore and subvert the labels that try to hold women back," the Duchess of Sussex says on the clip.

No lineup of guests has been announced.

Harry and Meghan have a multi-year deal to produce and host podcasts for Spotify under their production company Archewell Audio. In January the couple called on the streaming service to do more to combat COVID-19 misinformation.

It is one of several high-profile deals the couple has, including one with Netflix. Harry and Meghan stepped away from royal duties in March 2020 over what they described as intrusions and racist attitudes of the British media toward the duchess. They have since relocated to California, where they are raising their two children, Archie and Lili.

Grandma offers to babysit, but only on her rigid terms

DEAR ABBY: My husband and I have two elementary-aged children. My mother occasionally babysits for us and freely volunteers to do so. If we sometimes hire sitters, she seems offended. However, she insists she must watch the children in our home, never hers.

While we appreciate her time, it would be lovely to drop the children off at her home occasionally rather than have to leave our house if we want a date night. I have made gentle suggestions, which she invariably declines. I should mention the condition of her home is borderline hoarder status. We have offered to sort things with her, and even hire a company to help her move anything she could part with.

Her house is starting to smell funny and it's definitely not very clean. I'm at a loss about why she won't address this. It's not a time issue; she's retired. I suspect she's deliberately making the house unwelcoming to avoid having anyone over, including her grandchildren.

When she babysits at our house, she sets a very early end time (i.e., 9 p.m.), then complains about how tired she is and gets a bit martyrish, although she has told me on many other occasions that she enjoys our kids and they are "easy" to watch. I can't help but feel this issue might be resolved at her house. Am I unreasonable, or do you have other suggestions?

DATE NIGHT IN MICHIGAN

DEAR DATE NIGHT: You aren't being unreasonable. I would describe your attitude as "entitled." Your mother is also entitled. She's entitled to set the time and place in which she will be performing this free service for you. If your date will extend beyond the time your mom is "available," you will have to hire someone else, and she will have to accept it.

P.S. Continue to press your mom about the issue of her hoarding, because it may be a symptom of a larger problem.

■■■■

DEAR ABBY: My partner, "Josh," is a musician who insists on still practicing with the band even though he doesn't have gigs. We have two fragile family members who would die if they got COVID-19, so we have tried to avoid any risks. Yet he still does band practice with people outside our household. The bandmates are not careful like we are and one even has weekly gigs with another band!

I want to ask Josh to stop band practice altogether, but I'm afraid he will resent me, fly off the handle and ultimately end our relationship. I wish I didn't have to worry and ask this stuff, but he keeps putting himself in situations that violate everything we have worked so hard to accomplish. Why is it so hard for him to give up in-person practice? Why can't he put everyone's safety first? I'm so conflicted, Abby. What do I do?

BAND GIRLFRIEND IN NEW YORK

DEAR GIRLFRIEND: If you are as deeply worried about the safety of your medically fragile relatives as you have stated, YOU should end the relationship. Josh may need to practice with his bandmates so they don't replace him. He cannot be responsible for their behavior, and for you to expect him to be is unrealistic.

DEAR ABBY

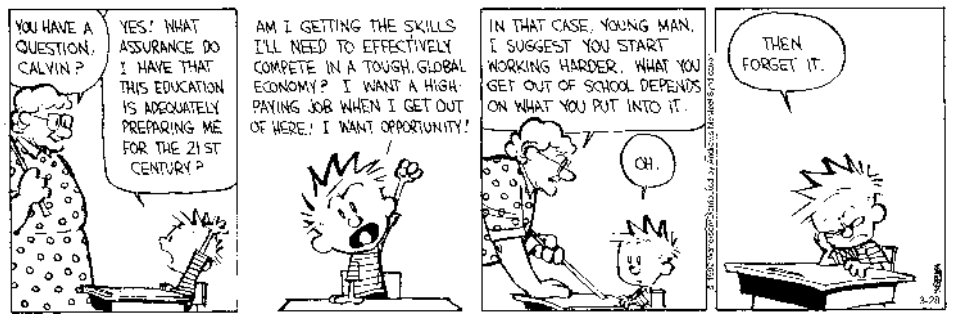
By Abigail Van Buren
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Pastimes

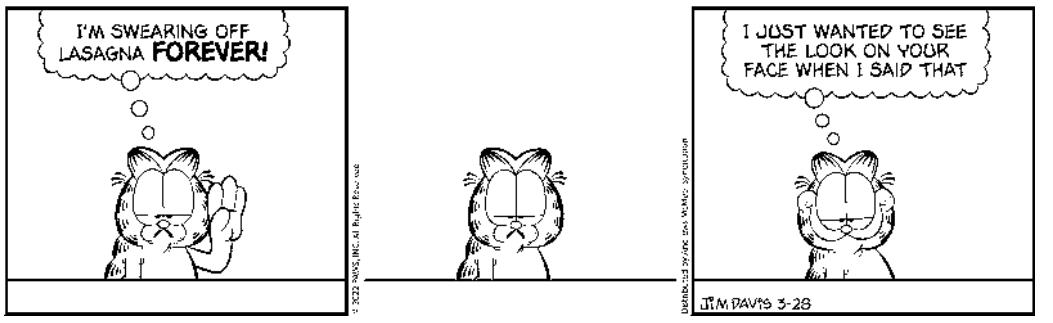
Calvin and Hobbes

By Bill Waterson


YOU HAVE A QUESTION, CALVIN?
YES! WHAT ASSURANCE DO I HAVE THAT THIS EDUCATION IS ADEQUATELY PREPARING ME FOR THE 21ST CENTURY?
AM I GETTING THE SKILLS I'LL NEED TO EFFECTIVELY COMPETE IN A TOUGH, GLOBAL ECONOMY? I WANT A HIGH-PAYING JOB WHEN I GET OUT OF HERE! I WANT OPPORTUNITY!
IN THAT CASE, YOUNG MAN, I SUGGEST YOU START WORKING HARDER. WHAT YOU GET OUT OF SCHOOL DEPENDS ON WHAT YOU PUT INTO IT.
OH.
THEN FORGET IT.

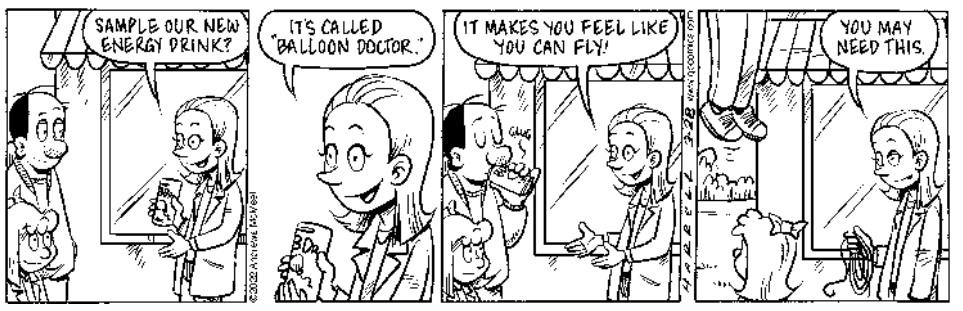
Garfield®

By Jim Davis



Adam@home

By Bryan Basset



The Duplex

By Glenn McCoy

CROSSWORD

By Eugene Sheffer

ACROSS

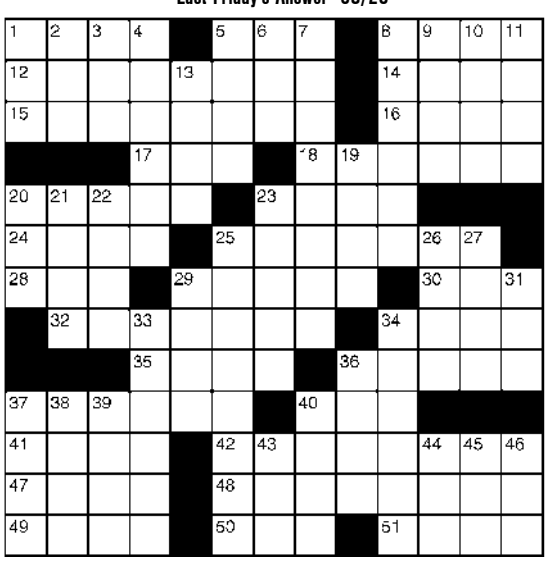
1 Scurry
5 PC key
8 Folder features
12 "Take your pick"
14 Langston Hughes poem
15 Easy treatment
16 Moving fleet
17 Paper Mate rival
18 Caribbean religion
20 Actress Zellweger
23 Biblical king
24 "Sad to say ..."
25 Commuter's trip
28 Corral
29 Salad green
30 ACLU issues
32 Trip to an airport, say
34 Sushi fish
35 Bowling spot
36 Started
37 Hudson River feeder
40 Flight stat
41 Whole range
42 Wedding day trip
47 Apple variety
48 Cyberspace wink, e.g.
49 Crystal gazer
50 Talk and talk
51 Wrestling style

DOWN

1 Dict. info
2 Tire filler
3 Numbered rd.
4 Ancient Nile city
5 Idle or Bana
6 Turf
7 Deep fissure
8 Villa d'Este city
9 Slightly
10 U2 lead singer
11 Mediocre
13 Buffalo's lake
19 Partially mine
20 Knock
21 Power co. supply
22 "Peter Pan" pooch
23 Soft leather
25 Model Christie
26 Pharmaceutical
27 Sicilian peak
29 Gullet
31 — Salvador
33 Sports jacket
34 Block-dropping game
36 Inky stain
37 Red planet
38 Oklahoma tribe
39 Abode
40 Out of control
43 "— Little Teapot"
44 Post-op area
45 Monk's title
46 Rock's Brian

Solution time: 26 mins.

Last Friday's Answer 03/28



STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Lady Gaga, 36; Julia Stiles, 41; Vince Vaughn, 52; Reba McEntire, 67.

Happy Birthday: Be assertive but patient, friendly but cautious, and helpful but good to yourself. Monitor how others respond, become the first to step up and make a difference. Discipline and attention to detail will help you finish. Listening and understanding how best to contribute and when to step back will encourage better relationships with others and fewer misunderstandings and mistakes. Your numbers are 7, 18, 21, 27, 30, 39, 44.

ARIES *(March 21-April 19):* Don't let the little things get to you when there is so much to be grateful for and that you can do to give back. Be bold, speak your piece and act on behalf of yourself as well as those less willing and able. ✪✪✪✪

TAURUS *(April 20-May 20):* Distance yourself from temptation. Don't be fooled by a disguise. Do your own thing, and control your destiny. Put your heart and soul into what makes you happy. Work by yourself, and take credit for your achievements. ✪✪

GEMINI *(May 21-June 20):* Branch out, explore new possibilities, network and socialize with people who inspire you. Be a good listener, process information and see what you can use to incorporate more diversity into the way you structure how you take care of your responsibilities. ✪✪✪✪✪

CANCER *(June 21-July 22):* Be cautious regarding what and who you invest in. Establish what you want to achieve before taking off in a new direction. Sit back and observe; let someone else take the risk. You can think big, but don't overspend. ✪✪✪

LEO *(July 23-Aug. 22):* Do your own thing. Learn as you go, don't look back. Your due diligence, determination and charm will help you outmaneuver anyone who tries to get in your way. Concentrate on what you are trying to accomplish. Romance is encouraged. ✪✪✪

VIRGO *(Aug. 23-Sept. 22):* Be realistic when it comes to your relationship with others. Refuse to buy into someone's plan if it doesn't suit your needs or isn't cost-efficient. A change may tempt you, but consider the consequences first. Patience will pay off. ✪✪✪

LIBRA *(Sept. 23-Oct. 22):* Don't stop midstream. If you want something, follow through. Say what's on your mind, and put your plans in motion. Taking a certain position and budgeting will deter others from getting in your way. Personal goals and self-improvement look promising. ✪✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Dream on, but don't take on more than you can handle. You'll get caught in a tight spot if you make unrealistic promises. Stick to basics, and change only what's necessary. Handle relationships and a domestic problem with care. ✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Assess your situation. Consider what you can contribute, and use your skills to make life more meaningful or to your liking. Don't trust others to help. Be smart and depend on yourself and your attributes to reach your objective. ✪✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* A feud with a friend, relative or peer will set you back. Stick close to home, and focus on living a healthy lifestyle. An overdue domestic change will add to your comfort and convenience, giving you the boost you need to excel. ✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Slow down and rethink your game plan. Taking a realistic approach to work and how you live will help you decide if you want to continue down the path you are heading. Take the road that leads to your happiness. ✪✪✪

PISCES *(Feb. 19-March 20):* Go about your business behind closed doors. The more unfamiliar others are with you and what you are trying to achieve, the easier it will be to reach your destination. First and foremost, take care of formalities necessary to your success. ✪✪✪

Birthday Baby: You are disciplined, inventive and outspoken. You are intelligent and insightful.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku *By Dave Green*

2			9		8	4		6
		9	6			2		
6	4			2			7	
4				1			2	5
		6				8		
8	5			9				3
	6			8			5	4
		4			7	3		
5		7	4		1			8

Difficulty Level ★ 3/28

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

4	9	5	7	6	2	8	3	1
6	1	2	8	3	4	9	7	5
7	3	8	5	9	1	6	4	2
9	6	4	2	1	7	5	8	3
5	2	7	3	8	9	4	1	6
3	8	1	4	5	6	7	2	9
2	5	6	1	4	8	3	9	7
8	7	9	6	2	3	1	5	4
1	4	3	9	7	5	2	6	8

Difficulty Level ★★★★

WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

A GOOD CIGAR Solution: 7 letters

P	D	S	D	L	E	I	F	Y	G	N	A	T	S	S
D	O	E	R	O	S	A	D	O	O	F	R	H	R	T
O	I	T	Z	M	A	T	H	R	E	A	A	A	A	S
R	L	S	A	I	C	U	O	R	E	P	A	P	B	I
U	I	R	T	S	R	B	M	G	E	K	O	M	S	N
C	G	M	U	I	S	E	N	G	A	M	R	I	F	O
S	H	E	E	N	N	I	V	D	E	P	P	O	H	C
O	T	R	L	T	R	C	U	L	L	L	R	N	B	C
F	I	Ⓑ	E	I	R	F	T	M	U	U	V	U	O	A
L	N	D	Ⓐ	D	T	R	L	G	D	P	S	T	D	B
O	G	P	V	Ⓝ	N	U	N	A	E	F	E	T	I	O
R	A	D	E	C	Ⓓ	I	M	M	V	G	U	Y	E	T
A	I	C	S	S	G	T	B	I	T	O	R	L	D	R
L	S	C	C	A	N	D	E	L	A	A	R	A	L	C
G	N	I	H	C	N	U	B	D	L	I	T	T	L	E

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Aging, Band, Barn, Bars, Binder, Bodied, Boron, Bunching, Candela, Case, Cedar, Chopped, Clara, Distinct, Fermented, Fields, Firm, Flavor, Floral, Fruit, Full, Grams, Large, Leaves, Lighting, Little, Luster, Maduro, Magnesium, Mild, Nutty, Oscuro, Pairing, Paper, Potassium, Pulp, Pulverized, Rich, Rosado, Scent, Shape, Sheen, Smoke, Tangy, Tobacconists, Tube

Last Friday's Answer: Call Back

To purchase **WONDERWORD** books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

Nets add to Miami's misery, rolling past Heat, 110-95

MIAMI (AP)—Goran Dragic looked up at the overhead screen and watched the video that paid tribute to his seven seasons with the Miami Heat, then waved to acknowledge the loud cheers from his former home crowd.

It was the start of a great night for the Brooklyn Nets.

And it was about the only thing Heat fans could cheer about.

Kevin Durant scored 23 points, Seth Curry added 17 and the Nets overwhelmed Miami 110-95 on Saturday night, sending the Heat to their season-worst fourth consecutive loss.

"I thought there was a lot of force and purpose offensively," Nets coach Steve Nash said. "We didn't take things for granted."

Andre Drummond had 13 points and 11 rebounds for Brooklyn, which got 11 points from Kyrie Irving — who will play his first home game of the season for the Nets on Sunday — and 10 from Nic Claxton.

"I think all phases of our game worked tonight," Durant said.

Bam Adebayo scored 14 points for Miami, which trailed by as many as 37 — its biggest deficit of the season. The Heat were without coach Erik Spoelstra, who missed the game because of a family matter, and assistant Chris Quinn took his place.

Tyler Herro and Max Strus each had 13 and Kyle Lowry had 12 for Miami. Caleb Martin had 10 and Jimmy Butler was held to just seven points on 2-of-9 shooting.

And the Eastern Conference race only got tighter, now with the top four teams all separated by only a half-game.

Philadelphia (46-27, .630) moved into first in the East, percentage points ahead of Miami (47-28, .627). Boston and Milwaukee — which lost Saturday night in Memphis — are both 46-28 (.622); the Celtics hold the head-to-head tiebreaker at this point over the Bucks.

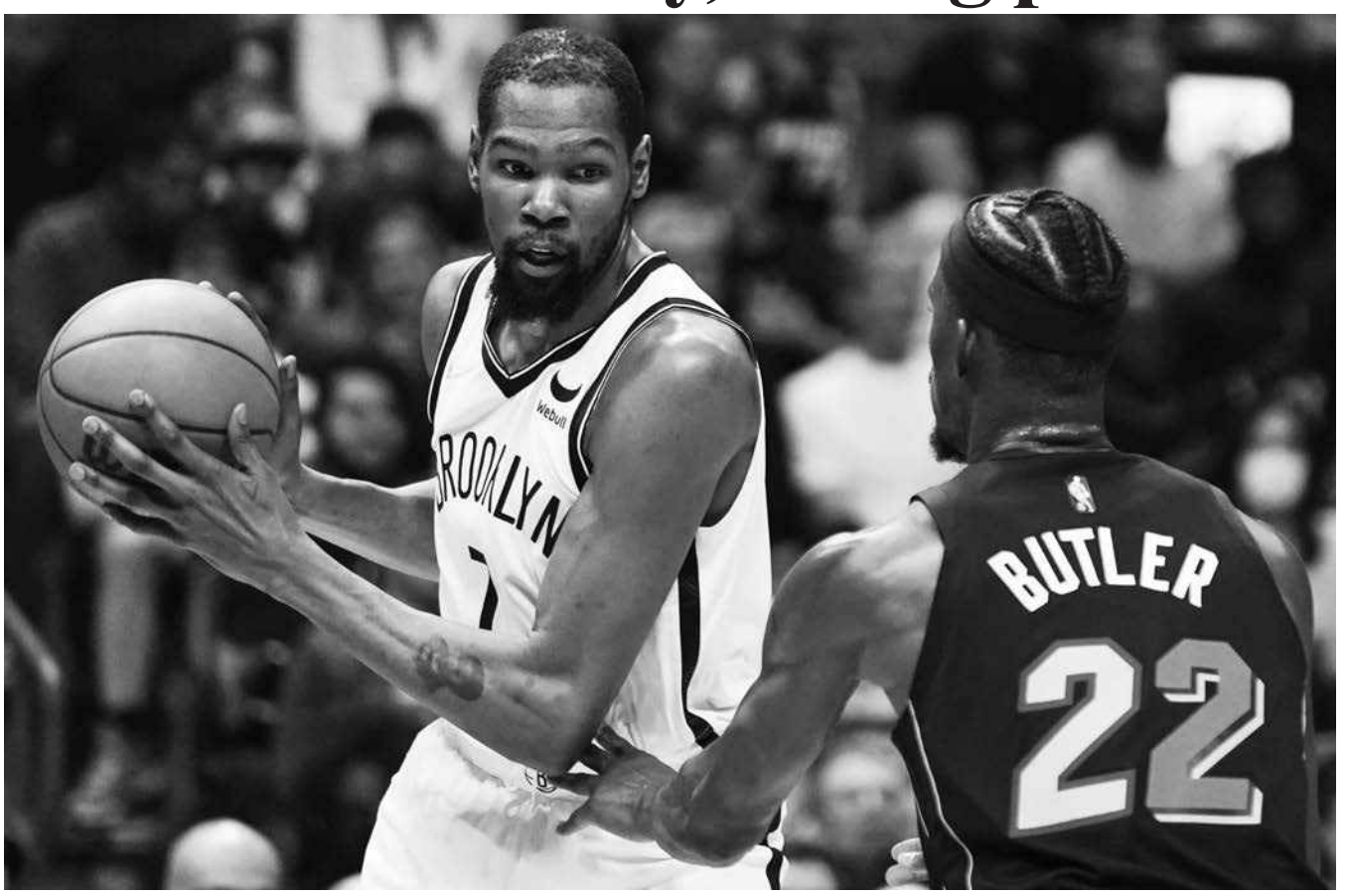
"We're not concerned in the sense of, like, panicking," Lowry said. "But, yeah, we have to fix some stuff."

Brooklyn (39-35) remained in the No. 8 spot, now a full game ahead of No. 9 Charlotte. The Nets and Hornets meet on Sunday night.

"We're in that mindset where every game counts," Drummond said.

Dragic said he learned about the tribute earlier Saturday. He's kept friendships with plenty of Heat players and employees since getting moved in the trade that brought Lowry to Miami last summer.

"It means a lot," Dragic said. "I spent seven years, 6 1/2 years here. It's always nice to get the reception that I did. ... We had a blast, but right now, my focus is in Brooklyn."



AP

Miami Heat forward Jimmy Butler (22) defends against Brooklyn Nets forward Kevin Durant (7) during the first half of an NBA basketball game Saturday, March 26, 2022, in Miami.

The Heat bench stood in unison for the tribute.

"One of the best point guards to put on the jersey," Quinn said. "Anytime we get to see him, we love seeing him. Obviously, we don't love seeing him on the other team, but it's always good to be around someone of that caliber."

Brooklyn outscored Miami 40-21 in the second quarter to take a 21-point lead into the half. It just kept getting worse for Miami; Drummond intercepted a pass, dribbled downcourt, threw up a "peace" sign at Heat defenders on his way to the rim and dunked for an 82-55 lead midway through the third.

"I don't know what made me do it," Drummond said.

The Heat led New York 90-73 with 11 minutes to go on Friday, then got outscored 38-13 the rest of the way. Curry made a 3-pointer with 4:02 left in the third for a 94-57 lead — meaning, going back to Friday, over a span of 43 minutes the Heat were outscored 132-70.

Raptors 131, Pacers 101

In Toronto, Pascal Siakam scored 23 points and Toronto routed depleted Indiana in a game delayed 70 minutes in the first half because of a speaker fire that forced the evacuation of fans.

Scottie Barnes added 19 points in the Raptors' biggest margin of victory this season. Oshae Brissett led Indiana with 21 points.

During a timeout, public address announcer Herbie Kuhn announced that the arena was being evacuated at the order of Toronto Fire Services, telling booing fans that the game had been suspended. Players headed to their locker rooms with 4:05 left in the second quarter and the Raptors leading 66-38.

During the delay, two workers using ropes and harnesses hung from the ceiling and sprayed a fire extinguisher at the speaker.

Grizzlies 125, Bucks 102

In Memphis, Tenn., De'Anthony Melton had 24 points, Desmond Bane added 20 and Memphis continued to win in the absence of scoring leader Ja Morant, beating Milwaukee.

Dillon Brooks scored 19 points and Jaren Jackson Jr. had 16 and two blocks to help Memphis win its fourth straight and eighth in the last nine games. Morant is nursing a sore right knee.

Giannis Antetokounmpo led the Bucks with 30 points, 11 rebounds and four blocks, scoring 18 points in the third quarter when Milwaukee tried to make a run. Khris Middleton added 16 points. The defending champion Bucks lost for only the third time in the last 13 games.

Bulls 98, Cavaliers 94

In Cleveland, Zach LaVine scored 26 points, DeMar DeRozan added 20 and Chicago beat Cleveland to stay alone in the No. 5 spot in the Eastern Conference.

The Bulls held the Cavs to just 35 points in the first half and won on the road for the first time since March 9, snapping a five-game slide. Chicago, which is 4-8 in March, came in with a one-game lead over Cleveland for the fifth playoff spot.

Darius Garland scored 28 points for Cleveland.

Nuggets 113, Thunder 107

In Denver, Nikola Jokic scored 35 points and missed a triple-double by two assists and Denver outlasted Oklahoma City.

Jokic had 12 rebounds. He made all six of his shots from the floor and all six of his free throws in the second half. Aaron Gordon added 20 points.

Theo Maledon led Oklahoma City with 20 points.

Spurs 107, Pelicans 103

In New Orleans, Dejounte Murray had 15 points, 13 assists and 11 rebounds, Keldon Johnson punctuated his 21-point night with a breakaway dunk in the final seconds and San Antonio beat New Orleans to bolster its postseason hopes.

San Antonio is a game behind New Orleans for the final Western Conference play-in spot. Josh Richardson had 18 points for the Spurs.

CJ McCollum had 32 points for New Orleans.

Kings 114, Magic 110, OT

In Orlando, Fla., Donte DiVincenzo and Harrison Barnes hit 3-pointers in the final minute of overtime and Sacramento outlasted Orlando.

Davion Mitchell led the Kings with 22 points and seven assists, Barnes added 19 points and DiVincenzo had 16 points and eight rebounds.

Franz Wagner led Orlando with 19 points.

Rockets 115, Trail Blazers 98

In Portland, Ore., Alperen Sengun scored 27 points and Houston beat Portland to sweep a two-game set in Portland.

Jalen Green added 25 points for Houston, tied with Orlando at 20-55 for the worst record in the NBA. The Rockets won 125-106 on Friday night.

Trendon Watford led Portland with 15 points and 10 rebounds.

Irving indicates he plans on staying with Brooklyn Nets

MIAMI (AP)—Kyrie Irving is finally going to play a home game for Brooklyn again on Sunday. And he apparently intends to play home games with the Nets for years to come.

Irving, speaking to reporters Saturday following Brooklyn's game-day shootaround practice in Miami, said he feels comfortable being a member of the Nets and that he wants to remain teammates with Kevin Durant.

Irving holds a $36.5 million player option for next season. He could opt out and sign up to a five-year contract worth as much as $246 million this coming summer — assuming the Nets offer such a deal.

"I love it here," Irving said. "Once summertime hits, I know that we'll have some conversations but there's no way I can leave my man 7 anywhere."

That was a reference to Durant, who wears jersey No. 7 for Brooklyn.

Irving's revelation wasn't exactly a revelation to the Nets, coach Steve Nash said. Brooklyn has been working under the assumption that Irving will be back next season and beyond.

"I think we we all feel confident that we'll have Kyrie back," Nash said. "But that's a front office discussion."

Irving's comments came one day before he's scheduled to play his first home game for the Nets this season, now that New York City mayor Eric Adams exempted athletes and performers from the city's coronavirus vaccine mandate. After Saturday's game at Miami, Irving and the Nets return home to host Charlotte on Sunday.

Irving has said he is unvaccinated, which has meant that he's been eligible to only play road games for the Nets since re-joining the team in January. Adams' decision has been criticized by some, since the city's mandate still applies to many workers such as police officers and teachers.

"If the mandate isn't necessary for famous people, then it's not necessary for the cops who are protecting our city in the middle of a crime crisis," Patrick Lynch, the president of the Police Benevolent Association of the City of New York, said this week.

Irving indicated that he understands why many may believe Adams' decision creates a double standard.

"I think there are a lot of people dealing with real consequences from being unvaccinated," Irving said Saturday. "I don't think it's talked about enough in terms of our essential workers and people on the front lines."

Offering Irving an extension would mean that the Nets may have roughly $560 million promised to three players.

Durant's four-year, $194 million extension with the Nets starts next season, keeping him under contract to Brooklyn through the 2025-26 season. Ben Simmons, who has yet to make his Nets debut after being acquired from Philadelphia earlier this season, is under contract through 2024-25 and is owed about $113 million through the remainder of his deal.

"I'm looking at the long run," Irving said.

Coach K makes 13th Final Four, Duke beats Arkansas, 78-69

SAN FRANCISCO (AP)— Mike Krzyzewski slowly climbed up the ladder, bowed to the adoring Duke fans and then pointed to his players to give them the credit before cutting the final string of the net.

Coach K's farewell tour will end at his record-setting 13th Final Four.

The Blue Devils delivered their most complete performance of this NCAA Tournament run to extend the career of their Hall of Fame coach for one more weekend after beating Arkansas 78-69 on Saturday night in the West Region final.

"To see the joy, I can't explain it, because, you know, I'm a grandfather, I've lived through my daughters, I'm living through my grandchildren but now I'm living through these guys," Krzyzewski said on the court before cutting down the net. "Holy mackerel!"

A.J. Griffin scored 18 points, West Region MVP Paolo Banchero added 16 and and second-seeded Duke (32-6) frustrated fourth-seeded Arkansas (28-9) on the offensive end to get back to the Final Four for the first time since Krzyzewski won his fifth championship in 2015.

Coach K will try to follow the path of the only coach to win more NCAA men's titles as John Wooden won his 10th championship in his final season at UCLA in 1975. Krzyzewski broke the tie he had with Wooden for most Final Four appearances with the commanding win over the Razorbacks.

"It's an honor. Coach Wooden, if he kept coaching, would probably have 24," Krzyzewski said. "But it's a heck of a thing. We've won a lot in the tournament, and we've won a lot of games, but Final Fours are big, obviously, then national championships. That's what you put banners up for."

Duke's upcoming matchup in New Orleans next Saturday will be historic either way — either its first NCAA Tournament meeting with archrival North Carolina or an unfathomable tangle in the national semifinals with 15th-seeded Saint Peter's.

"It's going to be an honor for us to go against whoever is the regional champion of that region," Krzyzewski said. "There's no greater day in college basketball than when those four regional champions, four champions, get in one arena and play. It's the greatest day for college basketball, and we're honored to be a part of it."

The Blue Devils were in control for most of the second half, using an 10-0 run after Arkansas had cut the deficit to five points early in the half to open up a big cushion. The spurt came following a timeout when Krzyzewski once again switched his team to an uncharacteristic zone after having success doing that in the Sweet 16 against Texas Tech.

"I think going zone helped," said defensive anchor Mark Williams, who had 12 points, 12 rebounds and three blocks. "I think it gave them a different look, slowed them up a little bit."

Jaylin Williams ended that run with an emphatic dunk over Banchero for a three-point play but it wasn't nearly enough for the Razorbacks, who didn't cut the deficit into single digits until the final minute of the game.

Williams led Arkansas with 19 points and 10 rebounds and JD Notae had 14 points before fouling out. The Razorbacks shot 41.9% for the game but felt proud after turning their season around following an 0-3 start in the Southeastern Conference.

"We all wanted to get further in this, but the fight this team has showed all year has been incredible," Williams said. "For the way that we started off conference, nobody would have expected us to get this far. So I just think that this team just kept fighting the whole year, the whole year, but, of course, we didn't get where we wanted."

Duke closed the first half on an 8-0 run to take a 45-33 lead at the break with Banchero hitting a 3-pointer to start the spurt. Trevor Keels hit another 3 from long range just before the buzzer.

AP

Duke head coach Mike Krzyzewski celebrates while cutting down the net after Duke defeated Arkansas in a college basketball game in the Elite 8 round of the NCAA men's tournament in San Francisco, Saturday, March 26, 2022.

SOUTH REGION
Villanova 50, Houston 44

In San Antonio, Jermaine Samuels had 16 points and 10 rebounds as Villanova advanced to its third Final Four in the last six NCAA Tournaments with a grind-it-out victory over Houston.

Caleb Daniels added 14 points for the Wildcats (30-7), and fifth-year senior Collin Gillespie's only made field goal was a clutch shot late.

With both teams willing to limit possessions, the first spot for this year's Final Four in New Orleans was settled in a game that was ugly to watch with all the missed shots.

Villanova shot 28.8% from the field (15 of 52). The Cougars were only slightly better at 29.8% (17 of 57), missing their last five shots and 10 of 11 overall, and they made only one of their of 20 attempted 3-pointers in their lowest-scoring NCAA tourney game ever.

The Wildcats and coach Jay Wright won't complain as he seeks to add a third national title to the ones he won in 2016 and 2018. Villanova will play either Kansas, the only No. 1 seed remaining, or 10th-seeded Miami next Saturday as it seeks its fourth championship overall.

Taze Moore had 15 points and 10 rebounds for the Cougars (32-6), who were denied making consecutive Final Four appearances for the first time since 1982-84.

A miracle or a trend? Saint Peter's a sign of parity in NCAA

PHILADELPHIA (AP)— America loves March Madness because America loves an underdog.

One twist: While the run to the cusp of the Final Four by tiny Saint Peter's has been riveting, it's also the latest example of how something that once felt like a miracle at the NCAA Tournament might be growing more common in years to come.

The Peacocks, who play No. 8 seed North Carolina on Sunday with a trip to New Orleans on the line, have joined Florida Gulf Coast and Oral Roberts as the third No. 15 seed in a decade make it to the second weekend of the tournament. Since the bracket expanded to 64 teams in 1985, the 15 seeds have a 14-140 record. Eight of those 14 wins have come since 2012.

Coach Shaheen Holloway's Peacocks are the first 15 to make it to the Elite Eight. And while America is embracing the Saint Peter's story — who wouldn't love a 2,200-student commuter school on a busy street in Jersey City trying to put the screws to Tobacco Road? — the Peacocks themselves are soaking it in without taking that seeding so seriously.

"Some of these guys feel like they belong at schools like that," said Holloway, whose team started this run with a win over Kentucky and beat Purdue on Friday night.

Four years ago, the unthinkable during March Madness stopped being unthinkable. A 16 seed, UMBC, topped No. 1 Virginia in the first round. This year, three of the four No. 1s were gone after the Sweet 16. Only Kansas, which plays 10th-seeded Miami on Sunday, remains.

Explanations for ever-increasing parity in college hoops come from all angles.

Holloway is among those who say the era of the one-and-done, stemming from the rule that allows players to enter the NBA draft after one year of college, might have subtly shifted the advantage to programs that don't pursue those kind of players and, thus, spend time together building a team.

"You get the Kentuckys of the world with all these great players," Florida Gulf Coast athletic director Ken Kavanagh said. "Yeah, it worked out well with Carmelo Anthony (at Syracuse in 2003), but other teams, it hasn't worked out as well because you're playing older teams, teams that have played together for four years."

Another factor are the recently liberalized transfer rules that allow players to change schools without having to sit out for a year. Some see that as an element that also could also degrade team-building.

"It's kids wanting to get back closer to home who went away," said Miami coach Jim Larrañaga, who led George Mason to the Final Four as an 11 seed in 2006. "Or, 'I'm sitting on the bench someplace but I think I could start at the other school.'"

Another part of this evolution comes from the proliferation of AAU and summer leagues that make all players familiar to each other before they ever step onto a college floor. Though their programs could not be more different, Sunday will not mark the first time the players from Saint Peter's will go against the guys from North Carolina; the Tar Heels roster includes three McDonald's All-Americans in Caleb Love, R.J. Davis and Armando Bacot.

"We definitely played against most of these guys," Peacocks forward KC Ndefo said. "It's just basketball at the end of the day."

Nothing, however, seems to make basketball more beautiful than when teams come "from out of nowhere."

Remember Jim Valvano looking for somebody to hug? His North Carolina State team, which brought the word "Cinderella" to the March Madness dance, was a 6 seed (in a 52-team field). Two years later, Rollie Massimino's Villanova underdogs were seeded eighth when they knocked off Georgetown.

Butler's small-school underdog story — the team that practiced in the gym where they filmed "Hoosiers" — was a beauty. The Bulldogs were a 5 seed when they made the national final in 2010.

Wichita State made it to the Final Four as a 9 seed in 2013. Before that, VCU and Larrañaga's George Mason made it as 11s.

UCLA made it last year as an 11. But it's UCLA.

North Carolina could make it this year as an 8. But it's North Carolina. The Tar Heels are 8 1/2-point favorites against Saint Peter's, according to FanDuel Sportsbook.

"Coach told us he never looked at seeding and he never really cared," said Bacot, whose team has now knocked off a No. 1 (Baylor) and a 4 (UCLA) to come within a game of the program's 21st Final Four.

Still, there's something magical about that number — "15" — perched next to the name "Saint Peter's" on the bracket.

That will always be true, Holloway insists, whether this is the last time a team like his gets this close — or the first of many more to come.

"Yes, we're the underdogs. Yes, we're the Cinderella team," Holloway said. "But at the end of the day, we're a team that's ramping up just like anyone else. You take the name off the front of the jersey, it really doesn't matter."

Come-backing Lopez, Ackerman win women's open doubles

MARK RABAGO

Tammy Ackerman, left, and Mikayla Lopez smile during a pose shot after winning the women's open doubles of the Bridge Capital Tennis Classic yesterday at the American Memorial Park.

By MARK RABAGO
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ASSOCIATE EDITOR

The past of CNMI tennis met its future with steely experience trumping over youthful exuberance after Mikayla Lopez and Tammy Ackerman beat Hyejin Elliot and Serin Chung in the finals of the women's open doubles of the Bridge Capital Tennis Classic yesterday at the American Memorial Park.

It can be argued that Lopez and Ackerman were the Elliot and Chung of their time when they dominated the junior rankings of CNMI tennis years ago before more grown-up things like college and work took over their lives.

With some gentle persuasion from national coach Jeff Race, Lopez, who now works at the Seventh Day Clinic; and Ackerman, who works with Tano Group, came out of semi-retirement to compete in this weekend's tennis tournament.

It was just like riding the bicycle again for Lopez and Ackerman as the No. 2 seeds went out and beat the No. 1 seeds Elliot and Chung in a score of 7-6 (6-4), 2-6, 10-4.

"We didn't know they're the Top 2 junior singles players. We've never seen them play," admitted Lopez immediately after the match.

MARK RABAGO

Ed Javier, left, and Ronnie Lacbayo beat Nasson Wessel and Henry Choi to advance to the finals of the men's doubles 4.0 of the Bridge Capital Tennis Classic at the American Memorial Park.

Both haven't played for years, with Lopez saying she hasn't picked up a racket in four years and Ackerman narrowing down her break from the sport between two to four years.

"We pretty much practiced only the Friday of the first day of the tournament," said Lopez.

Both attributed the win over Elliot and Chung to experience.

"We're out of practice but I think our experience factored in our winning," said Lopez.

Lopez and Ackerman see their victorious comeback as a first step to returning to the sport they loved growing up. "We will see…"

both said almost in unison. The women's doubles champions advanced to the finals with a 2-0, retired win over Marivic Dunlop and Elizabeth Culp. Elliot and Chung stormed to the championship round with a 6-0, 6-0 victory over Michelle Park and Hoo Wang.

In the men's doubles, top seeds Jimin Woo and Sam Ryu advanced the finals following a 6-1, 7-5 win over Isaac Heo and Sam Ryu. Their opponent in the finals will be Mini Games national team members Colin Ramsey and Bobby Cruz after the No. 2 seeds fashioned out a 7-6 (6), 6-0 victory over Andy Kim and David Kwon.

Top seeds Ed Javier and Ronnie Lacbayo also made it to the championship round in the men's 4.0 doubles following a 6-1, 6-1 win over Nasson Wessel and Henry Choi. Their opponent will be the Kadokura brothers, Yutaka and Wataru, after they won over Cody, Race and Gary Ramsey, 6-3, 6-1.

In the men's over 40, Martin Jambor and Tomas Abel beat Jorge Olanda and Jorge Poquiz, 6-1, 6-2, while Javier and Lacbayo played in their age group this time and won over the two Jorges, 6-4, 6-0.

The Bridge Capital Tennis Classic is organized by the Northern Mariana Islands Tennis Association. Results of the singles and finals of the other doubles matches will be reported in the next issues of *Saipan Tribune*.

BACK

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Saturday's race was difficult not only because of the heat, but because she kept a fast pace in the first half of the run.

"Too fast my first 5K and going back against the wind and no more energy," she said.

Mendenhall, meanwhile, admitted that she ran the race with only little sleep after going out with friends the evening before.

"I feel great I love running with my girlfriends. There are so many strong women here and we love Saipan," said the 28-year-old originally from Colorado.

Last year, Muldoon topped the inaugural edition of the race after clocking in at 43:42. Noriko Jim came in second at 44:27 with Miller completing the Top 3 in 46:49.

On behalf of NMA, national athletics coach Dr. Ron Snyder thanked all of the athletes who came out to participate in this year's NMI Women's 10K Run.

What a great turnout! We had over 100 women in the live race and more in the various virtual categories. I would especially like to thank our sponsors for their tremendous support—Hyatt Regency Saipan, Run Saipan, Axis Photos, Michelob Ultra, and the Marianas Visitors Authority. We were also lucky enough to have additional support from the American Memorial Park, Department of Public Safety, DTE Endurance, One-Time Sport, and volunteer photographer Lao Zhang. Finally, to our amazing group of volunteers who helped us celebrate and honor women the world over in this event—a thousand thank you's!"

NATIONAL

From Page 20

Tan has mixed reactions to being selected to the triathlon team for the Mini Games.

"I was really surprised to be selected because I don't swim or bike at all. But I somehow made it and I'm just once again proud to represent our islands," said the Fordham University junior, who will also compete in track and field.

Wania welcomes the chance to compete in the Mini Games after representing the CNMI in track and field in the Pacific Games some 26 years ago.

"I'm super excited because it's the first time the Mini Games is happening in the CNMI. It was a surprise knowing that I will be part of the team. My first Pacific Games was when I was 18 years old running track and field in the 1,500m. Now, I'm 44 years old competing in triathlon on Rota."

FRIENDLIES

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were suspended due to the pandemic. Now that we have the pool, we are focusing on training them, getting them back to shape, and building up for future competitions, such as the FIBA Micronesian Cup, by providing them as many opportunities to play in actual tournaments here and off-island and compete against teams that have different levels of play," Lee said.

The NMIBF president acknowledged that rebuilding the program will not happen overnight and every stakeholder has to go through the journey to reach the ultimate goal for NMI basketball—to establish a strong and sustainable national program and create pathways for players and coaches.

Meanwhile, the NMI women's pool will first take on Fuetsa women's basketball club in the opener of the friendlies at 6:30pm this Saturday and then duel the Lady Bombers of Andersen Air Force on Friday. For their last game this Saturday, the NMI women players will square off against the UOG Tritons women's crew.

Former interscholastic league coach Catherine Attao-Toves will call the shots for the NMI women's pool and will have David John Apatang as her assistant. The NMI women's pool has Marlene Lumabi, Madeleine Alegre, Michelle and Richelle Kautz, Kaia Travilla, Azriel Fatialofa, Fiona Bucalig, Angellyn Roligat, Destiny Pangilinan, Sylvina Simram, Sha Aina Mendoza, and Gabrielle Race on its roster for the UOG friendlies.

Alegre is the women's pool's captain and she pointed out the importance of the matches like these friendlies to the development of the players.

"We've never been to play against off-island teams for years so these games will give the girls a better understanding of where we need to be in terms of skill level, physical fitness, and team strategies to be battle ready for the upcoming FIBA Micronesian Cup," Alegre said.

Attao-Toves, on the other hand, is thankful to the Guam organizers and teams for helping make the friendlies possible. She also acknowledged the commitment that the national program athletes have shown since the pool was formed.

"Our girls have put so much time not only in practices, but also in giving back to the community by assisting in the 'Bola' clinics and volunteering with the interscholastic games. With all that they been doing, it is expanding their knowledge of the game at several different angles to help increase their overall basketball IQ. So, with this opportunity to play in these friendlies in Guam, it will give us a snap shot of what we need to continue to work on as the Micro Cup nears," Attao-Toves said.

The Micro Cup will be held in Guam from June 8 to 11 with the NMI to play against the host, Palau, and Federated States of Micronesia. The event is a qualifier for the 2023 Pacific Games in the Solomon Islands. Men's and women's team rosters for the Micro Cup have yet to be finalized, as both the current pool members and off-island players are being considered to the selections. ***(PR)***

TRIBUNE SPORTS SCORES

NBA STANDINGS

EASTERN CONFERENCE

Atlantic Division

	W	L	Pct	GB
Philadelphia	46	27	.630	—
Boston	46	28	.622	½
Toronto	42	32	.568	4½
Brooklyn	39	35	.527	7½
New York	32	42	.432	14½

Southeast Division

y-Miami	47	28	.627	—
Charlotte	38	36	.514	8½
Atlanta	37	37	.500	9½
Washington	31	42	.425	15
Orlando	20	55	.267	27

Central Division

Milwaukee	46	28	.622	—
Chicago	43	31	.581	3
Cleveland	41	33	.554	5
Indiana	25	50	.333	21½
Detroit	20	54	.270	26

WESTERN CONFERENCE

Southwest Division

x-Memphis	52	23	.693	—
Dallas	45	29	.608	6½
New Orleans	31	43	.419	20½
San Antonio	30	44	.405	21½
Houston	20	55	.267	32

Northwest Division

Utah	45	29	.608	—
Denver	44	31	.587	1½
Minnesota	43	32	.573	2½
Portland	27	47	.365	18
Oklahoma City	21	53	.284	24

Pacific Division

z-Phoenix	60	14	.811	—
Golden State	48	26	.649	12
L.A. Clippers	36	39	.480	24½
L.A. Lakers	31	42	.425	28½
Sacramento	27	48	.360	33½

x-clinched playoff spot
y-clinched division
z-clinched conference

BY THE ASSOCIATED PRESS

Nets add to Miami's misery, rolling past Heat, 110-95

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Sports

Come-backing Lopez, Ackerman win women's open doubles

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Back-to-back for Muldoon in Women's 10K

By MARK RABAGO
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Dr. Lily Muldoon made it back-to-back wins in the 2nd Annual NMI Women's 10K Run after topping the race anew last Saturday against a field of over 100 women who all came out to celebrate Women's Month in the Marianas and International Women's Day 2022.

The 37-year-old Department of Public Health director and Commonwealth Health Center Emergency Department physician negotiated the route from the Hyatt Regency Saipan to just after the Japanese Tank Memorial along Quartermaster Road in 43:59. She was followed by Akiko Miller in 45.03 with Dixie Mendenhall completing the Top 3 in 48.33.

Northern Marianas Athletics

"This was a glorious morning for the CNMI women's run and the weather was particularly fitting. With the sunrise, the clouds over the ocean along Beach Road turned bright pink. I felt uplifted seeing so many women out early on a Saturday morning trying their best," said Muldoon.

The California native gave special mention to Northern Marianas Athletics for organizing the event the past two years, which has been made more difficult due to the COVID-19 pandemic.

"I'm very appreciative of the race hosts for putting on an organized and safe event. The course was clearly marked and protected. Thank you, police officers, for your time and words of positive encouragement along the route."

She added that the NMI Women's 10K Run is a fabulous tradition.

"I ran last year's race and had just moved to Saipan so did not know many people. This year I felt surrounded by a strong community and now I can cheer for people by their names. I'm looking forward to competing again next year! For now, my eyes are on the Saipan Half Marathon in two weeks," said Muldoon.

Miller, for her part, said last

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MARK RABAGO

Dr. Lily Muldoon crosses the finish line of the 2nd Annual NMI Women's 10K Run last Saturday along Micro Beach Road in front of the Hyatt Regency Saipan.

National Triathlon Team for Mini Games named

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The Triathlon Association of the CNMI has named five men and five women to the CNMI National Triathlon Team for the Northern Marianas Pacific Mini Games 2022.

The women's team is made up of Kathy Ruszala, Heather Brook, Robin Spaeth, Kaithlyn Chavez, and Tania Tan, while the men's team consists of Dylan Mister, Isaiah Aleksenko, Christian Villacrusis, Erico Castro, and Leo Wania.

Mick Ferris has been picked to coach the team with Jay Diyco serving as team manager.

Aleksenko

Brook

Castro

Chavez

Mister

Ruszala

Spaeth

Tan

Villacrusis

Wania

"I'm excited with our national team. The team consists of young and experienced members. The team was selected by two tryouts and we selected the top individuals from the tryouts," said Diyco.

Villacrusis is glad to make the team and vowed to do his best to train for the Mini Games set from June 17 to 25 this year on Rota.

"I am very excited. [Although] I would not really consider it home soil because we are racing on Rota. I am glad that the other islands are going to be able to host some sports, but many of us will be unfamiliar with the race route. It is almost as if we are a visiting country as well," he said.

Despite that handicap, the George Fox University varsity swimmer trusts that they will be able to train on the southernmost island of the Northern Marianas chain before the start of the Mini Games.

"I'm sure that TRAC has things planned out for us to be race ready so that we will all be able to represent the CNMI well. I will be back on around the first week of May to continue training back home after graduation. Training is going well. I am most concerned of adapting/acclimating to the heat back home, but I should be able to be ready before race day."

NORTHERN MARIANAS PACIFIC MINI GAMES 2022

Aleksenko is grateful for the opportunity to represent the CNMI in the Mini Games and hopes he'll be able to give a good account of himself. "I hope I can get a gold medal or be on the podium at least," said the Marianas High School student.

Pagapular, a teacher at Saipan International School, said she's also looking forward to compete in the Mini Games carrying the CNMI's colors.

"It's exciting to get the chance to represent the CNMI for the Mini Games. The training is tough. I don't think I've ever pushed my body to this level of intensity. So, it's definitely a commitment. I'm just fortunate to have a community of great friends and athletes to train with."

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Friendlies part of NMI basketball nat'l program buildup

The Northern Mariana Islands Basketball Federation's NMI Senior National Program athletes continue their preparations for the FIBA Micronesian Cup, as they head to Guam this week to play in friendlies.

NMI BASKETBALL FEDERATION

Women and men players under the NMIBF's national program will challenge the University of Guam Tritons, Andersen Air Force Base, and a couple of club teams in the UOG-hosted event dubbed as NMI Friendship Classic, which will run from March 31 to April 2 at the UOG Calvo Field House.

"These friendlies and other games and competitions in the future are part of the NMIBF's journey to rebuilding our national basketball program that has been impacted with the absence of tournaments and training in the last two years due to the COVID-19 pandemic," NMIBF president James Lee said.

"Our first goal when we launched the program was bring players back to the court since majority of leagues

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CONTRIBUTED PHOTO

The NMI Senior National Program athletes pose for a group photo with coaches Catherine Attao-Toves, standing right, and David John Apatang, standing left, before a practice session at the Marianas High School Gymnasium earlier this month.